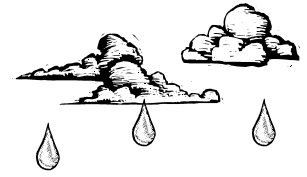


BRING-ALONG LIST



Pack Carefully and Don't Forget Your Raingear!

Helpful Hints for packing:

1. Try to limit yourself to **one suitcase** or duffel bag and a rolled up sleeping bag. You will carry your luggage from the bus to your cabin.
2. Put your **name** on everything.
3. Bring **OLD clothes and shoes!** You will get wet and muddy.
4. A **rain coat** or poncho (and warm clothes if applicable) are essential because classes are held outdoors rain or shine.

This list is for a 3-day program. Adjust it according to the length of your trip.

SUGGESTED ITEMS for a 3 day stay...

- ___ 1 water bottle
- ___ 1 rain coat or poncho (**A MUST!!**)
- ___ 4 changes of socks
- ___ 3 changes of underwear
- ___ Shirts (long sleeve & short sleeve)
- ___ 2 pairs of pants
- ___ 2 pairs of shorts
- ___ 1 heavy jacket (for cool evenings)
- ___ 1 heavy shirt (sweatshirt)
- ___ 1 pajamas
- ___ 1 towel & wash cloth
- ___ 1 laundry bag
- ___ Toiletries (shampoo, soap, toothbrush, toothpaste)
- ___ 1 pillow
- ___ Sunscreen
- ___ 2 pairs old sneakers—**A MUST!** (1 will get wet)
- ___ 1 sleeping bag (or sheets & blankets for a single bed)
- ___ 1 pen or pencil
- ___ 1 small backpack or fanny-pack
- ___ **cool weather additions** (if applicable)

Please DO NOT bring....

- Fireworks / matches
- Food / gum / candy
- Knife / weapons
- Radio / CD player / Ipod / Mp3
- Electronic games
- Cellular phone
- Aerosol-type insect repellent (lotions or wipes are better)

OPTIONAL ITEMS

- ___ Sun hat / cap
- ___ Alarm clock
- ___ Cup for bathroom
- ___ Camera / film
- ___ Swim suit (Sept. or May)
- ___ Hand towel
- ___ Souvenir money (\$2-\$20)
- ___ Carrying strap for water bottle
- ___ Sandals (for shower use only)

COOL WEATHER ADDITIONS

Cool weather dressing hints:

1. Wool and synthetic clothing work best for maximum warmth outdoors
2. "Layering of clothing traps heat for increased warmth.

- ___ Coat ___ Warm hat ___ Gloves
- ___ Extra socks ___ Long underwear ___ Vest