



## DAILY SUMMER CAMP EQUIPMENT LIST\*

Please make sure you are *prepared* by following the guidelines on this Equipment List.

You will need to bring or wear the following items each day:

- **good, broken-in hiking boots or shoes** (*no sandals except on river days!*)
- **sunscreen** and lip protection (*please arrive at camp with sunscreen applied*)
- **hat with a visor**
- **day pack**
- **healthy sack lunch and snacks** (*no lunch boxes or heavy, insulated bags please!*)
- **filled, non-leaking water bottle** (16 ounces or more); **2 bottles for longer hikes**
- **lightweight rain jacket**
- **fleece jacket** (*not cotton*)
- **sharpened pencils**
- **spare pair of clean, dry socks**
- **insect repellent** (if desired)
- **swimsuit, towel, water shoes** (*please bring these on specified days only*)

*Please pack a warm sweatshirt or fleece and an extra pair of pants in a separate bag on the first day of the session. These will be kept on hand in our base facility for the duration of the session in case of rain-soaked clothing.*

You do not need a notebook (for field note recording and drawing) as we will be making these on the first day of each session.

Please do not pack any glass items.

We will advise you in advance of items you may need on specific days (i.e. swimsuit).

Wear clothing that can get dirty!

**PLEASE MAKE SURE THAT YOUR NAME IS ON EVERYTHING SO THAT WE CAN RETURN ANY LOST ITEMS!**

***Remember to make sure you are prepared each day!***

**NO IPODS, CELL PHONES, OR VIDEO GAMES IN CAMP AT ANY TIME.**

If you have questions, please feel free to contact us by phone or e-mail. See you soon!

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**\*PLEASE NOTE: ADDITIONAL EQUIPMENT LISTS WILL BE EMAILED TO MOUNTAIN BIKE CAMPS, ADVENTURE WEEK, ADVANCED ADVENTURE BACKPACKING TRIP, AND ALPINE JOURNEY PARTICIPANTS.**