Please make sure you are *prepared* by following the guidelines on this Equipment List. We are able to loan any items you don't have so please just let us know if you need something!

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

- Shoes for adventure (no sandals)
- Hat with a visor
- Sunscreen (please arrive with sunscreen already applied)
- Day pack
- Healthy snack and lunch! (no insulated bags or lunch boxes please)
- Full, non-leaking <u>water</u> bottle
- Lightweight <u>rain jacket</u>
- o <u>Fleece</u> jacket (not cotton)
- Sharpened <u>pencils</u> (2)
- Spare pair of clean socks
- Insect repellent (if desired)
- Optional: Mask to wear while riding in van and in indoor spaces

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 the van for the duration of the session in case of rain-soaked clothing.

You do not need a notebook/journal as we will make these on the first day of each session.

Please do not pack any glass items.

We will let you know in advance about swim days (bring swimsuit and water shoes).

Wear clothing that can get dirty!

PLEASE MAKE SURE THAT YOUR <u>NAME IS ON EVERYTHING</u> SO THAT WE CAN RETURN ANY LOST ITEMS!

Remember to make sure you are prepared each day!

<u>NO</u> IPODS, CELL PHONES, OR VIDEO GAMES IN CAMP AT ANY TIME.

Questions? Feel free to contact us by phone or e-mail. See you soon!

Malia Reeves (Lead Instructor) maliareeves@gmail.com (575) 770-5923 Alastair Keith (Program Director) programs@fitaos.org (575) 779-3620

