What to Bring & What to Wear
Summer Camps at Learning Outside

Our days are fun-filled and active and spent entirely outdoors. Please read the lists below to make sure your camper comes ready for action each day!

**What to Bring:**

1. A **backpack for the trail** with the following items packed inside:
   - Plenty of healthy **snacks** to last all morning
   - A good-sized **water bottle**
   - A **raincoat** if rain is predicted

2. A **second backpack** or **bag that stays on Base Camp** with the following packed inside:
   - A **healthy lunch** (no sugary foods or drinks please)
   - A **second water bottle** for the afternoon
   - A **change of clothes**: back-up shorts, extra socks, an extra shirt, extra underwear + back-up shoes and rain boots, if rain is predicted
   - A **bathing suit and towel** for our afternoon waterworks games. (Optional)
     Campers are welcome to play our waterworks games in their regular clothes and drip-dry in the sun.

**What to Wear:**

- **Clothes** that can get dirty, wet or muddy
- **Close-toed shoes**: *sneakers or walking shoes* (no flip-flops please)
- A **layer of sunscreen** already on when your camper arrives each morning
- A **layer of bug spray** already on when your camper arrives each morning
- A **cap or sun hat**
- And, **if rain is predicted**, send your camper with a **raincoat & rain boots**

**Things NOT to bring:**

1. Cell phones, electronics, I-pods, or hand-held games
2. Toys or other things from home
3. Pocket knives