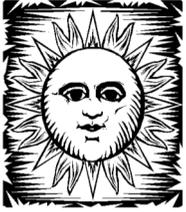


CLOTHING AND EQUIPMENT LIST



When asked what they could have done to make their stay at NatureBridge more enjoyable, many students answer that they would have followed the equipment list more closely!

On your arrival day, please show up dressed for hiking and with your day backpack ready!

- Day Pack** - Be prepared! Upon arrival you will be on the trails and need a day pack filled with the six items below. Pack your personal and over-night items in a different bag please.
 - Bag Lunch** for your first day
 - Water Bottle** - unbreakable one quart plastic bottle with screw-on, leak-proof top (such as soda or sports-drink bottles). No glass bottles please!
 - Notebook and Pencil**
 - Extra layer of warm clothing**
 - Handkerchief or bandana** – you need this every day for lunch!
- Rain Gear: jacket, poncho, etc.**
- Foot gear** : sturdy, worn in hiking boots, sneakers, or walking shoes. Trails can be wet and muddy in any season, your shoes will get dirty! Allow an extra pair of shoes in case others get wet.
- Pants** - two rugged pairs (including one pair of warm pants).
- Shirts** - two rugged shirts, plus a few lightweight shirts for warm weather.
- Sweater or fleece** - one lightweight wool or fleece layers are best; avoid cotton.
- Jacket** – an insulated layer, such as a parka with hood is a good choice.
- Gloves – or mittens**, it gets chilly at night!
- Warm Knit or Fleece Hat** - for cool nights and possibly rainy days. Hats are small, you won't regret packing this!
- Socks** - four pairs of socks (at least one wool, dries faster).
- Underwear**
- Pajamas, bathrobe, shower sandals** - remember bathrooms/showers are in a separate building.
- Towel**
- Toiletries** - shampoo, soap, toothbrush, toothpaste, personal medication.
- Sleeping bag or sheets and warm blankets, pillows – it gets chilly at night, make sure you will be warm!**
- Flashlight**
- Optional items** - sunglasses, binoculars, hat, field guide, recyclable camera.



NOTE TO PARENTS AND STUDENTS:

Please do not bring

Extra food - food is not allowed in the cabins. Ample food will be provided.

Knives - are a safety hazard!

Devices / games - including iPods or other mp3 players

Anything that you would miss if lost!



A note on cell phones: Teachers establish the cell phone policy for their group. Cell phones use is not allowed during the instructional day. Often teachers choose to keep all cell phones and allow students to call home once a day. If you would like to reach your child, please call the lead teacher first.