



BE PREPARED

To Get Outside, Get Active and Give Back

What to wear:

- ☐ Dress in layers (long & short sleeves)
- ☐ Clothes that can get dirty
- ☐ Non-synthetic clothes (Ex. cotton, wool)
- ☐ Sturdy shoes or boots that can get dirty
- ☐ Long pants & long socks
- ☐ Sun protection (hat or bandana, sunglasses)

What to bring:

- ☐ Water bottle
- ☐ Snack
- ☐ Sun protection (sunscreen, hat, sunglasses)
- ☐ Insect repellent

Please *DON'T* bring or wear:

- ☐ Valuables (electronics, jewelry)
- ☐ Cologne/perfume
- ☐ Shorts or short socks
- ☐ Flip-flops or sandals
- ☐ New clothes
- ☐ Synthetic clothes (track pants, wind breakers)