



BE PREPARED TO GET OUTSIDE,

GET ACTIVE, AND GIVE BACK

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What to wear:		What to wear:	
	Dress in layers (long & short sleeves)		Dress in layers (long & short sleeves)
	Clothes that can get dirty		Clothes that can get dirty
	Sturdy, closed-toe shoes that can get dirty		Sturdy, closed-toe shoes that can get dirty
	Long pants and long socks		Long pants and long socks
	Sun protection (hat or bandana, sunglasses)		Sun protection (hat or bandana, sunglasses
What to bring:		What to bring:	
	Water bottle		Water bottle
	Healthy snack		Healthy snack
	Sunscreen		Sunscreen
	Insect repellent		Insect repellent
Please DON'T bring or wear:		Please DON'T bring or wear:	
	Valuables (electronics, MP3s, jewelry)		Valuables (electronics, MP3s, jewelry)
	Cologne/perfume		Cologne/perfume
	Shorts or short socks		Shorts or short socks
	Open-toe shoes (flip-flops, sandals)		Open-toe shoes (flip-flops, sandals)
	New clothes		New clothes