



**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)
- Sturdy, closed-toe shoes that can get dirty
- Long pants and long socks
- Sun protection (hat or bandana, sunglasses)

What to bring:

- Water bottle
- Healthy snack
- Sunscreen
- Insect repellent

Please *DON'T* bring or wear:

- Valuables (electronics, MP3s, jewelry)
- Cologne/perfume
- Shorts or short socks
- Open-toe shoes (flip-flops, sandals)
- New clothes



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