

## **CAMP CHEERIO OUTDOOR/ADVENTURE EDUCATION CLOTHING AND EQUIPMENT LIST**

**BEDDING:** Sleeping bag or blanket and sheets. Pillow and pillow case.

**CLOTHING:** Clothing should be marked with student's name.

1. One pair of pajamas
2. Two pairs of athletic shoes (one pair will get wet)
3. Daily change of socks and underwear
4. Heavy and light shirts
5. Warm jacket
6. Handkerchiefs
7. RAINCOAT or Poncho
8. Stocking hat, a **must** in winter
9. Two pairs of long pants or jeans.
10. Gloves or mittens and scarf in cold weather.
11. Sweatshirt or sweater
12. Swimsuit (for canoe trip)
13. Shorts
14. Nylon wind breaker jacket
15. Nylon wind pants
16. Bookbag/daypack for hiking.

**CAVING:** In addition to the above clothing list, cavers **MUST** bring this following clothing items to participate. You will not be allowed in the cave without long sleeves and long pants.

**NOTE: ALL THE FOLLOWING WILL GET WET AND MUDDY!!!!**

1. Long pants
2. Insulated underwear (long johns or preferably capalene or synthetic material) - can do without these
3. Long sleeve shirt/sweatshirt/nylon jacket
4. Nylon shorts to wear under pants
5. Wool socks (optional)
6. Old boots or tennis shoes
7. Plastic Garbage Bags (2) Big ones to put wet and muddy clothes in.

**TOILET ARTICLES:**

1. Toothpaste and brush	4. Lip Balm/sunscreen
2. Soap/Shampoo	5. Comb/brush
3. 2 bath towels & washcloth	6. Deodorant

**OPTIONAL EQUIPMENT:**

1. Binoculars	4. Book for reading
2. Camera	5. Boots (especially for cold weather)
3. Flashlight	

**You must bring a water bottle!!! This is not optional. When you are going river canoeing or hiking, it is important to stay hydrated.**

**NOTE:** Keep in mind we will be spending the majority of our time outdoors. During colder months, proper clothing is of utmost importance to the campers; health, safety and comfort. It is recommended several layers of medium weight clothing be worn instead of one heavy coat if possible. This arrangement allows for "adjustments" to be made as weather conditions warrant and is much warmer overall. It is suggested, but not required, clothing and equipment be marked with the owner's name. Keep in mind that we will be at an average elevation of 3,000 feet and weather conditions can be drastically different than in lower elevations. Be prepared for colder weather.

***PLEASE LEAVE YOUR PERSONAL CELL PHONES AT HOME, THEY ARE NOT PERMITTED***

