

## What to Bring to Green River Preserve

It is typical for us to have warm days and chilly nights during the spring and fall season. Preparing with the items suggested will help you have a successful time.

- Warm sleeping bag or sheets and a blanket
- Pillow
- Rain Jacket (This is necessary. We hike rain or shine)
- Light jacket or sweatshirt
- Wool sweater or fleece
- Wool hat
- Swimming suit
- 3-4 pairs of shorts (quick dry)
- Socks (several pairs- enough for 2-3 changes per day, wool or quick drying)
- 1 pair of Jeans/sweatpants
- Underwear for your stay
- 2 Pairs of Sneakers or hiking boots (one pair often get wet)
- 1 Pair of closed toe water shoes
- 5 T-shirts (2 that can get wet or muddy, 3 for wearing dry)
- Pajamas (warm)
- Hat with visor
- Straps for eyeglasses (so you don't lose them on hikes and in the water)
- Toiletries (towel, washcloth, soap, toothbrush/paste, shampoo)
- Insect repellent
- Extra plastic bag for wet and dirty clothes and shoes
- Sunscreen lotion
- 2 Water bottles (a medium sized used plastic soda bottle will suffice)
- Daypack (for your daily hikes while at camp)
- Flashlight/ Head lamp
- Snack for bus trip on way to GRP (fruit, granola bars, etc)
- Respect, sensitivity, tolerance, and empathy for nature and for others

Put all your TO BRING items in a duffle bag, backpack or heavy duty plastic garbage bag and **label clearly with your name.**

### Optional Items to Bring

- Camera (Do not plan to use your phone. We are electronic free)
- Journal

### WHAT NOT TO BRING

- Electronics including cell phone, ipod, portable dvd, any electronic game
- Additional food