



School of Environmental Education

PROGRAM GUIDE

Table of Contents

1. Letter to Teachers
2. Mission, Values and Goals

Planning

3. Sample Schedule
4. Planning Your Trip
5. Group Booking Policies

Course Selection

6. Field Trip Guide
8. Field Trip Rotation Example
9. Evening Programs

Forms and Participant Information

10. Forms and Information Checklist
11. What to Expect
12. Sample Menu
13. What to Pack

Greetings from Green River Preserve,

Thank you for your interest in Green River Preserve's school programs ("SEE" – School of Environmental Education). We hope you will consider SEE as a possible option for your school's education program and enjoy browsing the resources on our site.

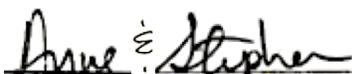
SEE offers 3 to 5 day residential outdoor education programs for both public and private schools. Our curriculum is designed for rising 5th grade through middle school and is easily adaptable for older students. SEE focuses on three basic themes: cultural heritage, ecological respect, and stewardship. We explore these themes through an inquiry-based learning approach. We believe understanding the interconnectedness between humans and nature among these themes brings respect and knowledge for one's self, each other, and all living things.

Green River Preserve's 3400 acres lends itself to the perfect learning environment through exploration for all ages. Students learn to use all of their senses to experience the outdoors as they crawl into caves, waterfalls, snorkel in rivers and creeks, explore archaeological sites, track wildlife, sample edible plants, and climb mountains. The physical, social, and psychological benefits of these unhurried outdoor experiences are substantial; students gain greater ecological understanding, confidence, and leadership skills whilst here.

The caliber of our seasoned staff and the quality of our curriculum are the hallmarks of our program; schools tell us that no other program compares to the strength of ours. Many of our naturalists have been working with for us for over 25 years. They are educators, artists, scientists, and storytellers who all share a common vision of educating future stewards of the earth.

Once again, thank you for your interest in Green River Preserve's school programs. Please do not hesitate to call (828-698-8828) or email (catherine@greenriverpreserve.org) with your questions, concerns, or requests. If you are interested in talking with one of our participating schools about their experiences here, we are happy to connect you with one. We look forward to hearing from you soon!

Kind regards,

A handwritten signature in black ink that reads "Anne & Stephen". The signature is written in a cursive style with a small ampersand between the names.

Anne & Stephen Mead
Directors, School of Environmental Education
Green River Preserve

Mission, Values, and Goals

The mission statement of Green River Preserve is to provide a challenging and nurturing learning experience and inspire a deep appreciation of interconnectedness, ecological respect, and the joy of living.

Woodcraft Laws

The Woodcraft Laws serve as vital cornerstones to the core values of Green River Preserve. Ernest Seaton, one of the founders of the Boy Scouts of America, wrote these laws at the turn of the century and claimed they were rooted in Native American philosophy. All campers and staff members are expected to abide by these guidelines.

Beauty

Be clean, both yourself and this place you live in. Understand and respect your body, for it is the temple of the spirit. Be a friend to all wildlife. Conserve land, forest and flowers.

Truth

Word of honor is sacred. Play fair. Foul play is treachery. Be reverent, worship the Great Spirit and respect all worship of him by others.

Fortitude

Be brave. Courage is the noblest of all attainments. Be silent while your elders are speaking or otherwise show them deference. Obey. Obedience is the first duty of the Woodcrafter.

Love

Be kind, do at least one act of unbargaining service each day. Be helpful, do your share of the work. Be joyful, seek the joy of being alive.

Goals of Green River Preserve

Intellectual Growth:

To mentor campers in their quest as future leaders and stewards of the land. To expose children to a wide variety of the natural sciences and foster an awareness of the wonder and complexity of the natural world. To offer experiences for children to learn from a community where ideas, creativity and discovery are celebrated.

Physical Growth:

To provide a safe, non-competitive and healthy outdoor living experience for children. To introduce children to a wide variety of life long learning skills and activities such as hiking, camping, cycling, canoeing, creative arts, and fly-fishing.

Social Growth:

To offer campers a safe, supportive community based on respect where individuals are allowed to "Be My Best Me." To provide an atmosphere free of materialism and cliques where the quality of one's character is what really matters.

Spiritual Growth:

To inspire discovery of the interconnectedness of the natural world and the growth of personal virtues and morality. To encourage campers to have a greater respect and understanding of themselves, their environment and their fellow man.

Sample Schedule

Day 1

- 12:00 **Welcome!** Take luggage to cabins
- 12:20 All cabin groups assemble on porch of Lodge for brief welcome & dining room expectations talk
- 12:30 Lunch
- 1:30 Gathering and GRP Staff Introductions/ Respect Circle-Front Field
- 2:15 Move into cabins/ Camp orientation hikes with mentors
***Bell will ring announcing the start of games in front field**
- 3:30 Team Building Games - Front Field
Chaperone-Teacher Orientation - Gazebo
- 5:00 Free Time -Games/Reading/Camp store (chaperones/4 **GRP staff/4 school staff**)
- 6:00 Cabin time/showers/journal writing
- 6:30 Dinner
- 7:45 Evening Program - **Council Fire**
- 9:15 Cabin time/showers
- 9:45 QUIET TIME
- 10:00 Lights Out

Day 2

- 7:30 Wake-up bell/showers
- 8:00 Breakfast – cabin group sets tables
- 9:15 Field Trip #1-meet mentors in back field (buses roll at 9:15)
- 12:00 Mentor Hike pick-up
- 12:30 Lunch – cabin group sets tables
- 1:30 Rest Period
- 2:15 Field Trip #2 – meet mentors in back field (buses roll at 2:15)
- 5:00 Mentor Hike pick-up
- 5:15 Free Time-camp store/group play & relaxation
(chaperones/**3 GRP staff/3 school Staff**)
- 6:00 Cabin time/showers
- 6:30 Dinner – cabin group sets tables
- 7:45 Evening Program – **Night Exploration**
- 9:15 Cabin Time/showers
- 9:45 QUIET TIME
- 10:00 Lights Out

Day 3

- 7:30 Wake-up bell/showers
- 8:00 Breakfast – cabin group sets tables
- 9:15 Field Trip #3- Meet mentors in back field (buses roll at 9:15)
- 12:00 Mentor Hike pick-up
- 12:30 Lunch – cabin group sets tables
- 1:30 Rest Period
- 2:15 Field Trip #4-meet mentors in back field (buses roll at 2:15)
- 5:00 Mentor Hike pick-up
- 5:15 Free Time- camp store/group play & relaxation
(chaperones-**3 GRP staff/3 school staff**)
- 6:00 Cabin time/showers
- 6:30 Dinner – cabin group sets tables
- 7:45 Evening Program-**Variety Show**
- 9:15 Cabin time/showers
- 9:45 QUIET TIME
- 10:00 Lights Out

Day 4- LAST DAY

- 7:30 Wake-up bell/showers
- 8:00 Breakfast – cabin group sets tables
- 8:45 Cabin Clean-up and pack up
Bring luggage to Front Field/Lodge, if rain
- 9:30 Cabin Inspection
- 9:45 Activities with the mentors
- 11:15 Closing Circle – Front Field
- 11:45 Lunch
- 12:30 Depart

Thank you and have a safe trip home!

Planning Your Trip

To Book a Trip

1. Discuss the duration of your trip and possible dates with your school. We can accommodate 3-5 day programs. Please determine at least 3 sets of possible dates. See our website for current rates and available dates.
2. Discuss curriculum and program planning with your school.
3. To make a reservation, or for further questions, contact Catherine Schenck at catherine@greenriverpreserve.org.

After Booking

1. Upon booking, SEE will send you a contract. Return signed contract with your deposit to confirm the trip.
2. Recruit adult chaperones to supervise the students. Chaperones are generally parents, teachers, or administrators. You will need at least one adult for every 7 students and a balance of male and female chaperones for sleeping arrangements.
3. Arrange transportation to and from SEE. Directions can be found at www.greenriverpreserve.org/directions. **Please note the special directions for buses.

Preparing for Your Trip

1. Prepare students and chaperones for the trip. Generate enthusiasm!
2. Send home and collect trip forms for each student and chaperone.
3. Assign students to Mentor groups and Cabin groups.
4. Discuss **Chaperone Guidelines** with all chaperones.
5. Set up a plan, such as a phone tree, for parents to verify that the group has arrived at GRP and to relay any other information.
6. Designate a medical person for your trip.
7. Complete checklist and send it to Catherine 2 weeks before your arrival.

Group Booking Policies

Deposit

SEE requires a 30% deposit based on the number of participants including students, teachers and parent chaperones. Please make checks payable to Green River Preserve.

Payment Schedule

- 30% deposit due with the signed contract
- 70% due 2 weeks prior to arrival

Attendance Guarantee

- Increases in numbers of participants will result in a total cost increase.
- You may increase your numbers at any time if space is available. Please contact SEE before increasing numbers to insure availability.
- GRP requires a minimum of 40 students for SEE programs. If your school has less than 40 students, GRP will need to combine your school with other school group(s) to meet our minimum.

Cancellation and Refund Information

Green River Preserve contracts staff well in advance of each program. Our staff size and salaries are based on the number of students and the arrival and departure times shown in this contract.

- All cancellations will lose their deposit.
- Groups that cancel within 90 days prior to the scheduled arrival date will be billed for 50% of their scheduled number.
- Cancellations due to travel advisories or school closures are not subject to the 50% payment. Deposits may be applied to a rescheduled trip for up to a year.
- Any decreases in the number of students and/or adults must be received and confirmed by GRP in writing AND on the final check list provided at least two weeks prior to the program start date to reduce final payment amount due. If numbers decrease less than two weeks prior to program start date for any reason, credit for up to two students or adults can be applied to future SEE programs for up to one year.

Communication

Please keep us informed of your needs, challenges and changes. We may be able to work with you in extenuating circumstances.

Field Trip Guide

All of the field trips offered are located within the boundaries of the Preserve. However, due to the large size of our property, some trips require transport to and from the trailheads. The student groups rotate through the different field trips so that each group will have a similar experience. The Green River guides address certain common lessons – walking and stalking skills, environmental awareness, and perspectives on Native American culture. Participants will gain first hand knowledge of ecological issues relevant to the natural landscape- water quality, erosion, invasion by forest pests and pathogens, and wildlife management.

Indian Cave: 1½ to 3 hours, easy walk. Visit clear-cut and game feed plots on your way to the cave. Walk and crawl into multi-chambered cave. See a hand cut chimney, bats and cave crickets. Experience pitch-black darkness after scooting through a narrow opening into one of the cave's chambers. Children love the adventure. You'll get dirty!

Long Rock / Upper Bald: 2 to 3 hours, easy walk. See beautiful mountain overlooks from this Natural Heritage designated site. Gain first hand knowledge of ancient erosion on exfoliated granitic domes. Due to an unusual plant community (with a sizable nearby feed plot), this area provides a wonderful wildlife habitat and services as a great introduction to mountain ecology.

The River / Hemlock Field: 1½ to 3 hours, easy walk. This area provides a hands-on look into the early history of the Green River valley. A short walk reveals a pioneer cabin site circa 1790, with a nearby spring and cemetery. After viewing a grove of original growth hemlock and examining the flora and fauna of the “bottomland”, wade through a stream and feed the wild trout.

Reasonover/Beaver Ponds: 2 to 3 hours, easy walk. Take an easy walk to the secluded confluence of Reasonover and Wildcat Creeks. After “snacking” on some wild plants, wade into the ecological world of the beaver. Investigate the abandoned moonshine still and old gold mine. Unusual wildflowers, abundant deer, turkey, and a resident bear or two are sometimes part of this excursion. Children will always remember this hike – mud and all.

Emerald Falls and Twin Pools: 1½ to 3 hours, easy to moderate walk. Enjoy a short but strenuous hike along a narrow valley trail to view Emerald Falls, the highest falls on the Preserve. Nearby, discover beautiful Twin Pools where children can feed wild trout and explore the river ecosystem.

Uncle's Creek Falls: 2½ to 3 hours, moderate walk. Climbing from the valley floor to the headwaters of Uncle's Creek provides a memorable first glimpse of the falls. Stepping under the falls to join the “Polar Bear Club” is quite a thrill for some students while others are content to enjoy the cool mist in this original growth forest. Abundant with wildlife, the riparian zone offers great homes to critters such as salamanders, crawfish and the native brook trout.

Pine Barons and South Fork Feed Plot: 1 to 3 hours, moderate walk. Walk across Green River Road from base camp to begin this hike deep into the wildlife habitat of the Preserve. Visit a Native American burial mound sight, track wildlife, and sneak up on feed plots in hopes of seeing deer, turkey or small game. This is bear territory, peaceful and rich with quiet messages.

Sanderson's Falls: 2½ to 3 hours, moderate walk. Exercise your senses by becoming aware of the abundant wildlife invisible to the novice tracker. Study large rock outcroppings and waterfalls, and notice the pine plantation monoculture that was planted to help the forest recover from ice damage.

The Spire/Big Laurel: 1 ½ to 3 hours, moderate to strenuous hike. This trail was built by our Trail Blazer Leadership crew in 2012 and is an incredibly diverse hike with many ladder structures to climb on the way. Campers will hike to Big Laurel Creek, see waterfalls along the way, and get the opportunity to try out a natural rockslide. The reward of the wet feet and heavy breathing is to sit on top of a rock spire with a spectacular view of the Green River Valley.

Lower Bald Rock: 2 to 3 hours, moderate to strenuous walk. View spectacular overlooks of the Green River Valley. This Natural Heritage designated sight is peaceful and undisturbed with interesting plant, insect and bird life. This is a wonderful destination at The Green River Preserve. Bring your camera!

Climbing Tower and Pioneer Cabin: Located on base camp, each activity is designed to last approximately 1½ hours. Groups will move from one activity to another (trading places with another group) within a field trip period. Our three-story climbing tower is a thrilling confidence builder for all children and adults. The tower can be demanding both mentally and physically and will help foster teamwork and group cohesion.

The pioneer cabin offers primitive skills (fire by friction, cordage and twining, stone carving, basket making, weaving, candle making, cooking and more) as once used by the Appalachian ancestors of this region. The Pioneer Cabin is paired with the climbing wall as part of the four-day program. The Pioneer Cabin may be offered for a three-day program during free time or opening or closing days. Please note, there is an additional fee for climbing in a three-day program.

Field Trip Rotation Example

Group	Wednesday AM	Wednesday PM	Thursday AM	Thursday PM
1	Big Laurel LB	Pioneer Cabin/Climbing	Upper Bald	Cave/LR
2	Hemlock	Pioneer Cabin/Climbing	Cave/LR	Uncles
3	Reasonover	Big Laurel/Lower Bald	Long Rock/Cave	Hemlock
4	Upper Bald	Uncles	Pioneer Cabin/Climbing	LR/Cave
5	Cave/LR	Hemlock	Pioneer Cabin/Climbing	Big Laurel/Lower Bald
6	Long Rock/Cave	Reasonover	Pioneer Cabin/Climbing	Upper Bald
7	Pioneer Cabin/Climbing	Upper Bald	Uncles	Hemlock
8	Pioneer Cabin/Climbing	Cave/LR	Hemlock	Lower Bald/Upper Bald

Hike Details

Big Laurel/ Lower Bald- moonshine still, medicinal plants, stream ecology, trust walk throughout this hike (it contains a few small ladders, boulder climbs, safe) bald mountain ecology, polar bearing in the waterfall

Hemlock Field/River Trail- medicinal plants, hunter/gather, wildlife stalking in field, stream ecology, microinvertebrates

Reasonover -moonshine still, stream ecology, sweat lodge education, medicinal plants, wetland/bog ecology, gold mine history, Indian burial mounds

Uncle's Creek Falls- climb from the valley floor to the headwaters of uncle's creek waterfall all along a riparian zone to polar bear

Upper Bald-hunting/gathering, wildlife stalking in field, geology of Green River Valley, Native American drum and petroglyphs, bald mountain ecology

Cave/Long Rock- Cherokee Indian History, cave ecology, Native American drum and petroglyphs, bivouac site, bald mountain ecology

Pioneer Cabin- yucca cordage making, bowl carving, yarn making- this depends on the staff doing this activity and their particular skills.

Evening Programs

A typical SEE program has at least 3 nights. The schedule traditionally opens with a council fire, proceeds with the night exploration, and closes with the camper variety show. Please communicate with Catherine if you have any questions or special requests for evening programs.

Lower Council Fire: A GRP Council Fire sets the tone for your time spent here. You will sit back and be entertained by our talented staff members. You may witness fire by friction, dance a wild jig, sing some hilarious songs, and listen to storytellers weave captivating tales. Get ready to be amazed.

Night Exploration: Campers spend the evening exploring the wonders of nightlife in the forest. They will discover what adaptations help animals stay active at night and encourage the use of senses other than sight. The explorations also provide opportunities for learning about night vision and the components of the eye, observing and listening to animals at night, and teachings about the night sky. GRP's night explorations seek specifically to counteract the widespread fear of the night.

Variety Show: Campers take the floor in this student-led showcase. They can choose to perform solo or alongside classmates. Highlights from past variety shows include solo musical performances, hilarious skits, well-timed jokes and more. Teachers and chaperones claim this as a highlight of the year for their class as they see their students in a different light.

Predator vs. Prey: This is an activity designed to simulate the life of an animal, the food chain, and how different species of animals are in connection with each other and are affected by humans. Campers are broken into groups and utilize the base camp of the preserve to act out the trials and tribulations of the life cycle. It's a GRP favorite, and it always brings out everyone's inner camouflage skills.

Forms and Information Checklist

Teacher Planning

- Final Checklist
- Hiking Groups (8-12 campers) with 1 adult
- Cabin Assignment Sheets
- Designate an adult to handle the administration of all routine medication and medical treatment (we can assist with storage of medication as needed).*

Distribute to Students

- What to Expect
- What to Pack

Distribute to Parents

- Program Guide
- Parent Letter
- What to Expect
- What to Pack
- Health, Risk and Release Form

Distribute to Chaperones

- Teacher and Chaperone Guidelines
- Health, Risk and Release Form
- What to Pack

Give to SEE before Arrival

- Final Checklist
- Final number of students and chaperones with gender breakdown.
- Any dietary concerns or major health concerns.
- Mentor groups list
- Cabin groups list
- All Health, Risk and Release Forms

* Due to variability of medical policies throughout the schools that attend our program, SEE is prepared to handle first aid during your stay, yet does not maintain a medical professional on staff. Should any student/adult arrive ill or become ill during his/her stay, SEE reserve the right to request he/she be sent home to ensure the health/wellbeing of other participants.

What to Expect

Green River Preserve is a non-competitive, co-ed summer camp and environmental education school connecting children to nature. Located on a 3,400 acre wildlife Preserve in the Blue Ridge Mountains of Western North Carolina, Green River Preserve inspires campers to have a greater understanding of themselves, their environment, and their fellow man. Our unique program, designed with the help of a child psychologist, encourages bright, curious, and creative children to unplug from computers, television, video games, and cell phones, and to connect with nature, learn their own strengths, and find their inner voice. Every day at Green River Preserve campers thrive in Nature's classroom as they learn from a community where ideas, creativity, and discovery are celebrated.

Our hikes take place outdoors rain or shine! Each morning and afternoon, participants will venture out on the preserve to explore. They will return to the base camp to eat lunch and re-group between these activities. Students are divided into mentor hiking groups of 10-12 and will rotate with this same group to different hikes on the preserve. Expect to play in streams and waterfalls, climb bald rocks and possibly explore an underground cave.

Please review our sample schedule and hike rotation, included in this planning guide, for a better idea of a typical visit to GRP.

Cabin Life

Campers live in single gender cabin groups of up to seven campers and an adult chaperone. Each cabin is a wooden duplex structure with screen windows and contains a central bathroom. Campers sleep on bunk beds. We have a small number of single beds that can be brought into cabins to accommodate an eighth camper. Please let us know if you will need this as an option.

Meals, Allergies, and Dietary Restrictions

We eat family style at GRP. Each table will have serving dishes with food for the entire table. Meals are hearty, delicious and kid-friendly. Breakfast entrees are supplemented with a fruit and yogurt bar. Lunch and dinner are complimented with a salad bar and a sunbutter and jelly option. A vegetarian entree is available at all meals and reasonable accommodations may be made for campers with food allergies. A chalkboard displayed in the Dining Lodge lists all the items on the menu as well as any common allergens found in each dish.

Campers who have dietary restrictions or allergies should plan to supplement meals with personal food brought from home. Personal food must be checked in to the Kitchen. Due to the number of children with severe nut allergies, Green River Preserve strives to be a nut-free community. Products containing peanuts or tree nuts are not allowed in the Dining Lodge or Kitchen. Please call the camp office at 828-698-8828 if you have questions about meals, allergies, or dietary restrictions.

Camp Store

The camp store will be open during free time each afternoon. T-shirts, sweat shirts, water bottles, bandanas, and other souvenirs will be available for purchase. T-shirts range from \$10-\$30. You may want to prepare students that we have a camp store, so that they can plan accordingly with personal spending money.

Sample Menu

This is sample menu for a four-day visit to the Preserve and may not be the exact menu served to your group. Please let us know if there are any dietary concerns with your group.

Day	Breakfast	Lunch	Dinner	Snacks
Tuesday		Pizza-cheese, pepperoni, vegetables, tossed garden salad, cinnamon apples, chocolate chip cookies. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: veggie pizza	Fried Chicken- this is very popular. Mashed potatoes, green beans, rolls, butter, and apple crisp with cool whip or ice cream. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: tofu/ stir fry	Afternoon: apples Evening: milk and cookies
Wednesday	Grits, scrambled Eggs, bacon, toast, butter, jelly, cantaloupe with blueberries or the fruit in season. Milk, Apple Juice, Water. Cereal, yogurt on cart.	Grilled cheese sandwiches, soup and saltines (vegetable or chicken noodle), waldorf salad, ice cream sandwiches. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: egg salad sandwiches, tomato basil soup.	Spaghetti with meat sauce, Greek salad with feta cheese, iceberg lettuce and romaine lettuce, tomatoes, black olives, cucumbers parmesan cheese, garlic bread, lemonade pie- Missy's recipe. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: veggie sauce	Morning: granola bars Afternoon: fruit Evening: s'mores
Thursday	Pancakes, butter, syrup, sausage, strawberries, powdered sugar. Milk, grape juice, water. Cereal and yogurt on cart.	Chicken tenders with sauces, curly fries, Caesar salad- romaine lettuce, Bartlett pears, Indian boil cookies. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: hummus, mixed veggies, pita bread	Pork tenderloin/ Greek potatoes, broccoli with cheese sauce, romaine lettuce with mandarin oranges, pecans, and Missy's salad dressing, rolls, butter. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: rice and beans	Morning: nutra-grain bars or trail mix Afternoon: fruit Evening: cookies
Friday	Oatmeal, brown sugar, raisins, sausage, fresh biscuits, butter, jelly, fruit-bananas, oranges, and apples. Milk, orange juice, water. Cereal and yogurt on cart.	Turkey sub sandwiches, lettuce, tomatoes, pickles, mayo, mustard, pasta salad, carrot, celery sticks, potato chips, and brownies. Bug juice, milk, iced tea for staff, water. Salad bar Vegetarian: Hummus, mixed veggies, pita/veggie sub.		Morning: Nutra-Grain Bars, Rice Krispy Treats, or granola bars

What to Pack

Campers play a lot at Green River Preserve. They will get wet and dirty. Sometimes it is hot; sometimes it gets cool, even *cold*. It is important for campers to be comfortable and equipped to meet Mother Nature head on. Durable, inexpensive clothes are recommended. Green River Preserve is not responsible for items that are lost or damaged while at camp.

Sleeping Items

- 1 Warm sleeping bag or twin sheets and a blanket
- 1 pillow and pillowcase

Clothing

- 1 fleece jacket (retains heat when wet)
- 1 sweatshirt
- 5 shirts (amount for 4-day program; bring 1 extra for the amount of days you will attend)
- 3-4 shorts (bring 1-2 quick dry for wet hikes)
- 5 pairs of socks (enough for 2 changes per day, at least 1 wool or quick drying)
- 2 sets of pajamas (warm)
- 1 pair of long pants- jeans or lightweight hiking pants
- 3-4 pairs of underwear
- 1 Swimming suit
- 2 pairs of tennis shoes with tread or 1 tennis and 1 broken in pair of hiking boots
- 1 pair of closed-toe water shoes with a heel strap for hiking i.e. Keens
- 1 pair of flip-flops for shower
- 1 rain jacket (necessary we hike rain or shine!)
- Hat with visor
- Wool hat (it gets cool at night!)

Miscellaneous Items

- 2 one quart reusable water bottles
- 2 bath towels/ 1 wash cloth
- 1 flashlight or headlamp with batteries
- Toiletries items: soap, toothbrush, toothpaste, shampoo, etc.
- Insect repellent
- Sunscreen lotion
- 1-2 heavy duty kitchen trash bags for wet clothes
- Straps for eyeglasses (so you don't lose them on hikes and in the water)
- Camera
- Journal

Bags

- Daypack (for your daily hikes while at camp)
- Duffle bag (to pack all your items)

What Not to Bring

- Watch, cell phone, iPod or mp3 player, tablet, portable DVD player, any electronic game, or additional food.