

Gear Checklist/Agreement (Hiking Camp)



Parent Agreement:

I have read and understand the following list of required gear for my child to have every day of hiking camp. In addition, I understand that my child is to wear close-toed, comfortable walking or hiking shoes and rain gear if weather is predicted.

Signature: _____ Date: _____

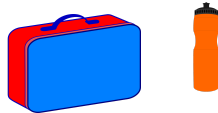
What to Bring to Camp?	
Campers	Parents
<p>In Backpack:</p> <ul style="list-style-type: none"> • Healthy lunch with proteins, fruits & veggies! (always use an ice pack with proteins!) • Morning & Afternoon non-perishable snacks! • Water bottle! • Sunscreen • Hat/Sunglasses (sun protection) • Extra layer if applicable (rain shell, sweater, hats, gloves, etc.) 	<p>In Your Kiddo's Backpack:</p> <p>Parent Emergency Contact Phone Numbers</p> <ul style="list-style-type: none"> • Write information on duct tape and tape on the <u>inside</u> of your kiddo's backpack • Write information on a notecard, put in a ziplock bag and tuck in an inside pocket in your kiddo's backpack
<p>On your Body:</p> <ul style="list-style-type: none"> • Dress appropriate for the weather! (Ask your parents what the weather will be for the day) • Apply sunscreen before leaving your home! • Good walking or hiking shoes! (No flip-flops please!) 	<p>On your Kiddo:</p> <ul style="list-style-type: none"> • Make sure they dress appropriately • Help them apply sunscreen before leaving the house! • Make sure they have good shoes on!



EVERYDAY



PROPER FITTING BACKPACK



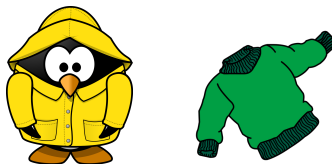
LUNCH BOX & WATER BOTTLE
(MUST FIT INSIDE BACKPACK)



SUN PROTECTION
SUNSCREEN
SUNGLASSES
SUN HAT



1 PAIR OF EXTRA CLOTHES



RAINCOAT OR LIGHT SWEATER