



1 Day Course Pack List

- Please do not pack jeans or jean shorts. Instead pack non-cotton clothing. Athletic wear, mesh or synthetic clothing dries quickest and is the best option while camping.
- Do not bring technology (i.e., cell phones, tablets, smart watches, etc.)
- Items listed below with an asterisk (*) are available to borrow on an as needed basis.

FOOTWEAR

Equipment	Requirement	Quantity	Comments	Check List
Sneakers	Must bring	1	Must be closed toed.	☐

UPPER BODY CLOTHING

Equipment	Requirement	Quantity	Comments	Check List
T-shirt or long-sleeved	Must bring	1		☐

LOWER BODY CLOTHING

Equipment	Requirement	Quantity	Comments	Check List
Shorts or pants	Must bring	1	Mesh or synthetic material.	☐

MISCELLANEOUS CLOTHING

Equipment	Requirement	Quantity	Comments	Check List
Sunhat or baseball cap	Optional	1	For sun protection.	☐

MISCELLANEOUS GEAR

Equipment	Requirement	Quantity	Comments	Check List
Required or Prescription Medication (<i>if applicable</i>)	Must bring	1	<i>Bring enough to last the entire trip.</i> All medications must be in the original bottle with instructions for ad-ministration, and the student's name on it. Must pack all prescribed medicine.	☐
Water Bottle	Must bring	1		☐
Eyeglasses Strap	Optional			☐
Sunglasses	Optional			☐

For questions, please call (910) 515-9157.