

What to Bring Each Day:

We have gear available to lend. If there is anything you need to borrow from this list, please let us know ahead of time so we can have it ready for you by the first day of your session.

- Clothes to be comfortable outside from 11am-4pm each day
- Layers, in case the weather changes
- Comfortable, sturdy shoes (we will be walking ¼ - 3 miles / day)
- Water Bottle
- Backpack to carry everything around in

Optional items:

- Camera
- Sunscreen
- Sunglasses
- Extra snacks
- Sun hat or baseball cap

Please keep away in your bag during your time with your YLA group:

- Cell phones
- Headphones
- Other electronics

Do NOT bring:

- Drugs
- Alcohol
- Tobacco products

Items to bring for Kayaking:

- Shorts with polypropylene/merino wool long underwear (my personal favorite!) OR Pants that can "push up" to your knee
- T-shirt/Long sleeve shirt (non-cotton)
- Insulating layer, such as a long sleeve polypro or merino wool layer
- Light Jacket for wind and/or rain
- Rain Pants (If rain is anticipated)
- Hats: for sun or cold depending on weather
- Footwear: wet-suit booties, sandals (with back straps, such as Keens/Chacos) or old tennis shoes
- Binoculars (optional, but fun to have)
- Sunscreen
- Sunglasses
- Camera
- One liter (at least) of water