



## The Mountain Workshop

A Division of Hawke Mountain Ventures, LLC

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### CLOTHING & EQUIPMENT REQUIREMENTS:

#### The County School - Grade 6

#### Overnight Adventure at Housatonic Meadows State Park

6/4 - 6/5/2008

#### For all participants:

- |  |   |
|--|---|
| <input type="checkbox"/> Bag lunch with beverages for day 1                                    | <input type="checkbox"/> Warm hat   |
| <input type="checkbox"/> Daypack or book-bag   | <input type="checkbox"/> Hat with visor   |
| <input type="checkbox"/> 1 or 2 filled one-quart canteens or<br>water bottles (not straw type) | <input type="checkbox"/> Jacket   |
| <input type="checkbox"/> Cup, bowl, plate, spoon & fork  | <input type="checkbox"/> Rain gear (tops & bottoms preferred)                     |
| <input type="checkbox"/> Socks   | <input type="checkbox"/> Sleeping bag with stuff sack                             |
| <input type="checkbox"/> Underwear   | <input type="checkbox"/> Small pillow   |
| <input type="checkbox"/> T-shirts  | <input type="checkbox"/> Sleeping pad (optional)                                  |
| <input type="checkbox"/> Shorts  | <input type="checkbox"/> Flashlight with extra batteries                          |
| <input type="checkbox"/> Swimsuit  | <input type="checkbox"/> Towel  |
| <input type="checkbox"/> Long pants  | <input type="checkbox"/> Toiletries<br>(shampoo, soap,<br>toothbrush, toothpaste) |
| <input type="checkbox"/> Long sleeved shirt  | <input type="checkbox"/> 1/2 roll toilet paper                                    |
| <input type="checkbox"/> Long underwear tops & bottoms   | <input type="checkbox"/> Chapstick  |
| <input type="checkbox"/> 2 wool or polar fleece sweaters                                       | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> 2 pairs sneakers<br>(1 pair that can get completely wet)              | <input type="checkbox"/> Bug repellent  |
| <input type="checkbox"/> Hiking shoes/boots with socks   | <input type="checkbox"/> Camera (optional)  |

#### Participants should arrive with two items:

- **A daypack with lunch, full water bottle, rain gear, warm shirt, bug repellent and sunscreen.**
- **A duffel bag packed with all other belongings (sleeping bag too).  
(Waterproof belongings in a plastic garbage bag inside duffel.)**