



www.mountainworkshop.com

Mountain Workshop
35 Miry Brook Rd
Danbury, CT 06811
203.797.1435

Clothing and Equipment List

**** All Items are Required for All Participants****

- Bag Lunch w/ Beverages for Day 1
- Day Pack or Book-Bag
- 2 Filled, One-Quart Water Bottles (Non-Disposable Preferred)
- Socks (At Least 1-pair Non-Cotton)
- Underwear
- T-Shirts
- Shorts
- Swimsuit
- Long Pants
- Long Sleeved Shirt
- 1 Non-Cotton Sweater/ Sweatshirt (Fleece, Wool, Microfiber, etc.)
- 1 Pair of Gloves
- 1 Pair Sneakers/Light Hiking Boots
- 1 Pair of Water Shoes* (No Flops/Crocs/Sandals)
*An old pair of unvalued sneakers is acceptable
- Warm Hat
- Hat w/ Visor (Baseball Cap)
- Warm Jacket
- Rain Gear (Jacket and Pants)
- Sleeping Bag w/ Stuff Sack
- Small Pillow
- Flashlight/Headlamp (Check Batteries Prior to Packing)
- Towel
- Toiletries (Shampoo, Soap, Toothbrush, Toothpaste)
- Sunscreen
- Bug Spray
- Chapstick
- 3 Large Ziplock Bags (For Storing Wet Items)

Participants should arrive with only two packed bags:

- 1) A daypack/back-pack with bag lunch, 2 full water bottles, rain gear, warm shirt, sunscreen and bug spray.
- 2) A large backpack or duffle bag packed with all other belongings, including sleeping bag. Please water proof your belongings inside your duffle bag by packing everything inside of large garbage bags.

*****Please note that all programming will be held outdoors despite any inclement weather or temperature. If the weather creates a direct safety concern, i.e. thunderstorms, freezing temperatures, torrential rain, etc. the program will be cancelled or rescheduled*****