



## **Mountain Workshop**

A Division of Hawke Mountain Ventures, LLC

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## **CLOTHING & EQUIPMENT REQUIREMENTS:**

### **For all participants:**

#### **CLOTHING**

- Dress appropriately for the weather in old unvalued clothes (clothing can get very dirty/muddy!).
- Wear loose fitting, comfortable clothes. We'll be outside all day, so dress warmer than normal.
- Wear sneakers or lightweight hiking boots. (All shoes must be close-toed)
- If doing water-based activities wear shoes that can get totally wet. (No flip flops/crocs)

#### **Make sure you bring the following items:**

- Daypack or book bag to hold lunch and all your gear
- Complete extra change of clothes (Incase you get wet)
- Jacket
- Towel
- Sunscreen and bug repellent
- Large garbage bag to hold any wet clothes
- Rain gear
- Eyeglass retainer, if you wear glasses

#### **FOOD**

- Bring a hearty, bagged lunch, including beverages
- Two refillable one-quart water bottles

#### **Please DO NOT bring**

- Ipod/MP3 Player
- Cell Phone/other electronics (can get wet or damaged)
- Lighters/Matches/Knives