

Out here we raise spirits.



Bedding:

- Sleeping Bag- warm, preferably synthetic fill
- Pillow case

Personal Care Items and Gear:

- Shampoo and soap (in a plastic container)
- Toothpaste and toothbrush
- Hairbrush/comb
- 2 large towels
- Insect repellent-non aerosol
- Sunscreen: min SPF 30
- Lip balm with sun factor
- Laundry bag (breathable, to keep dirty clothes separate)
- Laundry soap
- Water bottle
- Flashlight or headlamp with spare batteries
- Personal medications (to be stored and taken at the medical centre)

Clothing:

- underwear
- Lots of socks (if you are doing outdoor activities)
- T-shirt
- Pants , Shorts
- warm sweater
- Waterproof rain jacket (activities continue in the rain)
- Pajamas
- swim suit
- Hat (for sun and rain)

Footwear:

- Rubber boots or waterproof hiking boots
- Running shoes
- Flip flops

WHAT NOT TO BRING:

Peanuts or snack with traces of peanuts, firearms, knives, hatchets, tobacco, video games, animals, cellular phones (they don't work here), expensive clothing/watches/jewelry, or any valuables.

We won't take responsibility for lost items; for this reason it is best to leave valuables at home.