

# Things to Bring to Adventure in the Environment

*Please read this list carefully*

## **Gear needed for the week**

- Comfortable hiking boots or running shoes (plus an extra pair)
- Rain coat or poncho (waterproof pants and rubber boots might come in handy if you have them)
- Warm-weather clothes (shorts, t-shirts)
- Cold weather clothes (remember: it's best to dress in layers that you can put on or remove according to the weather), including:
  - long underwear
  - mitts or gloves
  - warm socks (wool socks are great)
  - sweaters (polar fleece is great)
- Enough clothes so that you can *always* have a spare change of clothes with you**
- Bug shirt if you have one (will be spending half a day in the forest – last year it was FULL of mosquitoes )
- Sun block (needed) and bug spray (optional)
- Bathing suit
- Binoculars (if you have some)
- Hat (to protect you from the sun)
- Backpack/schoolbag
- American adventurers might want to bring a small amount of Canadian currency
- Health Card/Health Insurance
- Camera (optional, but highly recommended)
- Extra stuff needed for the bat cave (items listed below)
- Water bottle
- Your curiosity and sense of *adventure!*

## **Equipment needed for the cave adventure**

List of things to bring to the bat cave:

- One **complete** change of warm clothes (socks, underwear, shoes, sweater, pants and jacket)
- An old long-sleeved shirt or sweater and pants with a thin layer worn underneath (**if** you have them: full paint coveralls)
- flashlight and spare batteries (a head lamp is better **if** you have one)
- if** you have one, a hard hat (otherwise we'll supply them)
- gloves (regular or gardening gloves)
- hiking boots or old running shoes
- plastic bag to throw all the dirty (and maybe wet) clothes into
- knee pads (optional, but useful when you're crawling in the cave)
- old towel

It will be about 5 degrees above freezing inside the cave. Do not wear good clothes because they can get wet, muddy and stained! Don't wear anything tight or restrictive because you want to be able to move.

## **Don't Bring:**

1. Clothes that you don't want to get dirty