

Participant Packing List

Give to your Teacher/Group Coordinator:

- Personal prescription or over-the-counter medications

Bring With You:

- Sturdy shoes or tennis shoes (No open-toed shoes, no Keds/Converse)
- Lunch (if not provided by the school)
- Day pack or bookbag
- Water bottle(s); please bring water bottles that can hold a total of 2 liters.
- Rain jacket (especially in spring and fall)
- Warm clothing (it gets cold near the volcano especially during the spring and fall)**
- Sun hat (especially in the summer)
- Warm hat (especially in the spring and fall)
- Sunscreen (especially in the summer)
- Extra pair of socks
- Gloves & scarf (especially in the fall)

* In cold/rainy seasons avoid cotton if possible. Materials such as wool or polyester will keep the students much warmer and dryer.

OPTIONAL ITEMS: sunglasses, camera (optional; phone cameras will be allowed at specific times), binoculars, journal, pencil

DO NOT BRING: guns, knives, any other weapon, alcohol or drugs, radio, music players, electronic games or equipment including cell phones, aerosol products, animals