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