



DAYPACK GEAR LIST

Email Dana (dana@mtadamsinstitute.org) if you need us to provide any gear for you

- 1-2 FULL water bottles
- Lunch
- Snacks
- Sun protection (sunscreen, hat, sunglasses)
- An extra layer in case it gets chilly or rains
- **Water shoes**- this could be open or closed toed but must have something that goes over the heel (aka no flip flops)
- Please **always** wear closed-toed shoes and dress for being out in the sun and prepared for rain!