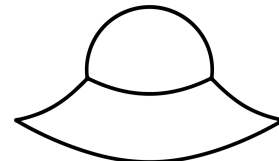


SumMAT Day Camp Packing List



Every Day

A backpack with the following:

Clothes

- Shorts
- TShirt
- Warm long sleeve shirt
- Pants
- Rain jacket

Food & Water

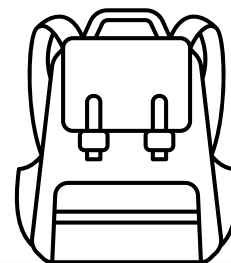
- 1 Quart Water Bottle (at least)
- A BIG nutritious lunch
- Plenty of snacks

Water Gear

- Swimsuit
- Towel
- Water shoes (NO OPEN TOES)*

Other Essentials

- Insect repellent
- Sunscreen
- Sunglasses**
- Hat



*Water shoes (NO OPEN TOES - We love Keen/Teva/Crocs, with closed toes)

**If you wear glasses, please bring a glasses strap to wear during water activities

Additional gear to bring for your activity of the day:

Indoor Climbing Day

- Plastic bag to bring tie-dye home in!



Outdoor Climbing Day

- Long pants (to protect legs on the rock)
- Sturdy closed-toe shoes
- Extra bug spray
- Personal climbing gear (if you have it/want to bring it)



Bolton Adventure Center

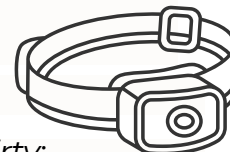
- Sturdy closed-toe shoes
- Extra Sunscreen
- Extra bug spray



Caving Day

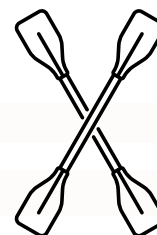
Clothes you don't mind getting VERY dirty:

- Long sleeves (sweatshirt or fleece)
- Pants
- Gardening gloves (or similar, optional for comfort)
- Clean clothes to change into after caving
- A garbage bag to put muddy clothes in.
- Closed toe shoes



Kayaking Day

- Extra Sunscreen
- Dry bag / plastic bag to keep lunch dry



Double check that you have:

- Bathing suit, Towel, Closed-toe water shoes