



ITEMS CHECK LIST

Dear Parent & Student,

Please provide the following items for your outdoor adventure. Keep in mind there is no “bad weather, only bad clothes!” Be prepared and plan ahead. The weather can change very quickly in the mountains from sun to rain or snow.

If you need help with getting the proper clothing, gear or lunch PLEASE contact your counselor or the Norwegian Outdoor Exploration Center at (435) 649.5322, before the day of the outing.

FALL AND SPRING GEAR:

- Good solid tennis shoes/hiking boots
- Sun hat/sunglasses
- Rain gear with hood
- Backpack (small)
- Water shoes to get wet (optional)
- Dry socks
- Sunscreen
- Insect repellent
- Medications/allergies
- Water bottle (filled)

HEALTHY LUNCH /SNACKS (Find alternate to canned sodas! Limit SUGAR intake!)
BE SURE TO EAT A HEALTHY BREAKFAST!!!

WINTER GEAR:

- Snow boots
- Winter hat and winter gloves
- Snow pants and jackets to go over day clothes
- Dress warmly in layers
- Extra socks
- Sunscreen
- Sun glasses/goggles
- Backpack (small)
- Water bottle (filled)
- Medications/allergies

HEALTHY LUNCH/SNACKS (Find alternatives to canned sodas!
Limit SUGAR intake!)

BE SURE TO EAT A HEALTHY BREAKFAST!!!