

Water Courses Gear List Day-trip

Please come dressed for the weather and prepared for any weather.

Cotton should be avoided as it stays wet and robs you of body heat. Polyester, synthetics, and wool are better. If you only have cotton, please bring lots of extra clothing to change if you get wet.

- **Clothing** – Non-cotton, layering works best so bring a few thin layers as opposed to 1 heavy layer. Long underwear is a great base layer and can be worn under a wet suit for more comfort. (Wet-suits are provided for spring and fall programs).
- **Hat, sunglasses** (with a strap to keep them on), **sun screen**
- **Rain jacket**
- **Footwear** – Sandals, Runners, water shoes or neoprene boots – be prepared to get your feet wet.
- **Food** – snacks and water, a lunch for full-day programs
- **Extra clothing** and a “dry bag” or garbage bag to keep them dry
- **Camera / Phone** – It is recommended to leave them behind but if you do bring them with a way to keep it dry if it is not a waterproof type