KIT LIST

# HEALTH CARD

* Travel mug (necessary for hot drinks - styrofoam and plastic will not be provided)
* Water bottle (reusable)
* Personal Hygiene Kit (soap, deodorant, toothbrush, toothpaste)
* Towel and face cloth
* Boots
* Running shoes
* Underwear and socks (bring extra)
* Sweatshirt(s)
* Winter jacket
* Pants (3 pairs) **NOT JEANS**
* Long sleeve t-shirts (2)
* Rain gear
* Sunglasses
* Winter hat/gloves
* Sleeping bag
* Warm blanket
* Pillow

## DO NOT BRING THE FOLLOWING:

* Large air mattresses (you may bring small air mattresses or pads)
* Electronic equipment
* Alcohol or other illicit drugs
* Tobacco/Tobacco products
* Non-prescription drugs
* Knives, chains, weapons of any kind
* Pyrotechnics