

PARTICIPANT GEAR LIST

Please bring the following personal items:

- I:) *Pillow & sleeping bag or twin-sized bedding
- I:) *Towel, hand towel, washcloth
- I:) *Personal toiletries (soap, shampoo, toothbrush, toothpaste, etc.)
- I:) *Personal clothing (adjust for number of days/nights staying at ONSC)
- I:) Day pack or backpack for carrying gear (water bottle, flashlight, rain gear, etc.) if you plan to hike.
- I:) Water Bottle
- I:) Rain gear suitable for the outdoors; no umbrellas please
- I:) Comfortable shoes (bring appropriate footwear for walking on gravel and dirt paths, hiking)
- I:) Slippers or house shoes for indoors
- I:) Jacket or other warm clothing (seasonal; please listen to weather reports & be prepared)
- I:) *Flashlight
- I:) Insect Repellent (seasonal)
- I:) Binoculars, camera (optional)
- I:) Sunglasses, sunscreen & hat (seasonal)
- I:) *Alarm Clock
- I:) *Reading light (optional)
- I:) *Personal recreational material (books, cards, etc.)

***Recommended for resident participants.**