



SUMMER ADVENTURE CAMP

PLEASE READ THROUGH THE GEAR LIST OF WHAT TO BRING EACH DAY TO ADVENTURE CAMP, IF YOU HAVE ANY QUESTIONS ABOUT GEAR OR IF YOU NEED ANY RECOMMENDATIONS PLEASE SEND AN EMAIL TO ZACH OR TRAVIS AT ZLAMBERT@GORHAM,ME,US & TGRANT@GORHAM,ME,US.

REMEMBER THAT EVERYONE IS RESPONSIBLE FOR THEIR OWN GEAR THAT THEY BRING AND THEY ARE RESPONSIBLE TO CARRY THAT GEAR DURING HIKES AND/OR OUTDOOR ADVENTURES, WHEN GEAR IS NOT IN USE, IT MAY BE SAFELY LOCKED IN THE TRANSPORTATION BUS.

GEAR LIST - ESSENTIALS:

- ***BACKPACK/DAY PACK***
- ***WATER BOTTLE***
- ***APPROPRIATE SHOES INCLUDING HIKING BOOTS OR ATHLETIC SNEAKERS***
- ***CHANGE OF CLOTHES INCLUDING SOCKS, SHIRTS, PANTS'***
- ***EXTRA WARM LAYERS - SWEATSHIRT OR FLEECE***
- ***WATERPROOF/WINDPROOF LAYER***
- ***SUN PROTECTION - SUNSCREEN, HAT, SUNGLASSES***
- ***BUG SPRAY***
- ***ANY MEDICATION NEEDED***
- ***LUNCH & SNACKS***
- ***BATHING SUIT***
- ***TOWEL***

OPTIONAL GEAR:

- ***WATCH***
- ***TREKKING POLES***
- ***ADDITIONAL WATER BOTTLE***

DO NOT BRING:

- ***WEAPONS INCLUDING KNIVES OR ANYTHING THAT COULD BE CONSIDERED A WEAPON***
- ***ELECTRONICS; VIDEO GAMES, TOYS, IPADS ETC.***