



Things To Bring List

Please pack these items into a backpack (a backpack comfortable enough to wear for two or three hours):

1. A water bottle filled with water
2. A flashlight*
3. A snack
4. A small pad of paper and pencil*
5. A nature journal* (create your own at www.sierraclub.org/education/nature_journal.asp#top)
6. A rain coat or poncho
7. Sunscreen
8. Bug Repellant

*not required but a suggestion

Please wear:

1. comfortable hiking boots or sneakers
2. clothes you don't care about getting dirty
3. layers of clothing

Thank you!