



Gear Up & Get Ready

Overnight Camping Excursion

- All programs begin and conclude at the Ironwood Tree Experience - Urban Field Station, 439 N 6th Ave #187.
- ITE provides all field gear, including packs, tents, sleeping bags/pads, waterbottles, headlamps. All participants are asked to provide their own healthy, no waste lunch for the first day. Look for "**Food Power On the Go**" on the Gear Up & Get Ready webpage for suggestions.
- All personal and field gear must fit into a single backpacking backpack (provided by ITE)
- Specific information will be emailed at least 2-days in advance of outings when necessary.

- Closed-toe shoes:** tennis shoes (with tread) or light hiking boots. Sandals or flip-flops only for evening in camp.
- Warm Temps 70+°F: cool loose clothing:** 2 light-colored, loose, long-sleeve shirt or tee-shirts. 1 pair pants or 1 pair shorts. Beanie and sweat pants and shirt for the evening.
Cool Temps 69-°F: warm loose clothing: 2 long-sleeve shirts, 1 pair of pants, beanie and warm jacket, sweat pants and shirt for the evening. Xtra-underwear, and socks. Scarf, long underwear and gloves for cold night temperatures **40-°F**
- Hat & sunglasses** for brain and peeper protection.
- Toiletries/Medication-** Toothbrush, toothpaste, deodorant (optional), prescription medications (ITE must have these on medical form).
- Healthy No-Waste Lunch** (first lunch only)

Please No electronics /cell phones/knives (ITE provides cameras and knives for certain activities)