



Gear Up & Get Ready

Single Day Outings

- 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 and waterbottles. 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.
- Specific information will be emailed at least 2-days in advance of outings when necessary.

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- Closed-toe shoes:** tennis shoes (with tread) or light hiking boots. No sandals or flip-flops.
 - Warm Temps 70+°F: cool loose clothing:** light-colored and loose, long-sleeve shirt (to protection from UV) or tee-shirt and pants or shorts. Please wear clothes that you don't mind getting dirty or wet!
Cool Temps 69-°F: warm loose clothing: long-sleeve shirt, pants, beanie and light jacket. Please wear clothes that you don't mind getting dirty or wet!
 - Hat & sunglasses** for brain and peeper protection.
 - Healthy No-Waste Lunch**

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