

Packing List –
AWSM Professional Development Workshop

Though we are likely to have warm, sunny days in July, the weather on Spruce is unpredictable and is usually 10 degrees cooler than surrounding areas. Nights are likely to be cool, potentially in the 50s. We will be outside approximately half of each day so being prepared for all conditions will go a long way toward improving your personal comfort—having multiple layers is the best way to do this. We recommend that you bring older clothes and shoes that you won't mind getting a little muddy or wet.

Please bring the following items in addition to your regular clothing:

- Water proof jacket
- Comfortable boots or sturdy sneakers for hiking
- Closed toe sneakers, water shoes, or waders for wading in streams
- Shower shoes (optional)
- Sun hat or baseball cap
- Sweater, sweatshirt, or jacket
- Flashlight with extra batteries for walking around the facility after dark
- Small backpack – to carry your notebook, water, layers etc.
- Water bottle
- Sunglasses
- Sunscreen
- Bug spray? We don't typically have a problem with mosquitos or ticks, just pesky flies.
- Regular medications
- Bath towel, washcloth, and personal toiletries
- Caving clothes- if you plan on going caving bring a change of clothes and lace-up shoes (no slip ons or flip flops etc) you do not mind getting VERY muddy and wet.
- Plastic bag to store wet, muddy clothes

Regular Clothing

Pants, shirts and shorts should be durable, lightweight and fast drying. Prepare to dress for activities such as hiking, stream study, and sitting out by the campfire.

Suggested Optional Gear

Journal or notebook

Camera

Binoculars

Laptop or tablet

* All meals will be provided.

* If you've opted to stay in the dorms, pillows, sheets, and blankets will be provided. If you're camping, please bring your own equipment.

* We will provide helmets and headlamps for caving.