



TOGETHER FOR NATURE

EQUIPMENT LIST FOR Portland Audubon Outdoor School

- Sack Lunch & Snack for the first day
- small Backpack that can hold water, jacket, lunch
- Water bottle (reusable)
- Warm sleeping bag (mattresses provided)
- bottom sheet for twin mattress (optional)
- small pillow (optional)
- Rain coat (rain pants are optional)
- Warm Jacket (hoody, fleece, etc)
- two hats/caps (one for sun and one for warmth)
- Warm gloves and pants
- Extra socks and underwear
- Pajamas
- Flashlight/Headlamp
- 1 pair of hiking shoes or sturdy tennis shoes
- Toothbrush and toothpaste, hairbrush, etc.
- Sunglasses & sunscreen
- Binoculars, camera & field guides if you have them
- A fun book for freetime
- An adventurous spirit, a curious mind and a positive attitude!