



TOGETHER FOR NATURE

**Equipment List**  
**Forest to Farm**  
*Overnight Thu- Fri (1 night)*  
*Portland Audubon*

- Lunch & Snack for the first day**
- Water bottle**
- Snacks for the road**
- Day Pack for the items you want close at hand**
- Sleeping Bag and Pad (Mamrot Cabin has sleeping pads)**
- Rain coat (rain pants are optional)**
- Hat (baseball cap or other sun hat)**
- 1 shirts, 2 T-shirts, 1 pants, 1 pair of short pants, pajamas or sleepwear**
- 2 pairs of socks, underwear**
- Warm sweater or fleece**
- 1 pair of hiking shoes & 1 pair tennis shoes (water shoes are optional)**
- Binoculars, camera & Field Guides if you have them; a book to read for fun**
- Toothbrush/General Toiletries**
- Sunscreen**
- Flashlight and extra batteries**
- Something to write with (pens or pencils)**
- An adventurous spirit, a curious mind, and a positive attitude**

**Please leave electronics at home. Cameras and devices that are used only as cameras are allowed. Devices that are used when not allowed will be collected by the trip leader and returned to the student at the end of the week.**