

What To Bring List

The following is a list of items we recommend bringing with you to the Northern Lakes Impact Center. Since the majority of our program will be spent outside, old, comfortable clothing is recommended (please do not send new clothes). Please be aware of the weather for the week and pack accordingly. We hold classes outdoors during all seasons and all types of weather, including rain, snow, mud and whatever else the natural environment provides.

“There is no such thing as bad weather, only inappropriate clothing choices.” - Michael Horak

<p><u>All Seasons:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Boots (waterproof) <input type="checkbox"/> Tennis Shoes or other close toed shoes (REQUIRED ON ROPES COURSES) <input type="checkbox"/> Sandal, Chaco, Teva, or other comfortable shoe <input type="checkbox"/> Hat (optional) <input type="checkbox"/> Jacket <input type="checkbox"/> Jeans <input type="checkbox"/> Pajamas <input type="checkbox"/> Rain Poncho / Rain Coat <input type="checkbox"/> Shirts (long and short sleeve) <input type="checkbox"/> Modest tank tops (optional) <input type="checkbox"/> Shorts <input type="checkbox"/> Socks <input type="checkbox"/> Sweater <input type="checkbox"/> Underwear <input type="checkbox"/> One piece or modest swimsuit (ladies) <input type="checkbox"/> Swim Trunks (gentlemen) <p><u>Winter Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Long Underwear (top and bottom) <input type="checkbox"/> Mittens (2 pair) <input type="checkbox"/> Scarf <input type="checkbox"/> Shoes <input type="checkbox"/> Snowsuit or Snow Pants <input type="checkbox"/> Stocking Cap (not earmuffs) <input type="checkbox"/> Sweater, Turtleneck or Vest <input type="checkbox"/> Winter Boots (with liners) <input type="checkbox"/> Winter Coat or Parka <input type="checkbox"/> Wool Socks (at least 2 pair) <p>Remember: In winter, wool or fleece layers are best!</p> <p><u>Sleeping Gear:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Pillow <input type="checkbox"/> Sleeping Bag (rolled, tied, in garbage bag) <input type="checkbox"/> Fitted Sheet for twin sized bed (optional) <input type="checkbox"/> Stuffed Animal / Blankie 	<p><u>Optional Items:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Day Pack <input type="checkbox"/> Disposable Camera* <input type="checkbox"/> Flashlight <input type="checkbox"/> Insect Repellant <input type="checkbox"/> Journal, Pens, Pencils <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Water Bottle(s) <p>*Please do not send expensive cameras.</p> <p><u>Personal Items:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Comb / Brush <input type="checkbox"/> Deodorant <input type="checkbox"/> Hair Ties <input type="checkbox"/> Shampoo <input type="checkbox"/> Soap <input type="checkbox"/> Toothbrush / Toothpaste <input type="checkbox"/> Bath Towels and Washcloth <input type="checkbox"/> Feminine Products <p><u>Please Leave At Home:</u></p> <ul style="list-style-type: none"> ✓ Candy, Food, Gum, Pop, Snacks ✓ Cell Phones/Ipods ✓ Curling Irons / Straighteners ✓ Electronic devices ✓ Fireworks ✓ Knives/Hatchets ✓ Pets ✓ Anything else not allowed at school / church
--	--

Packing: Please pack in something easy to carry - such as a backpack, duffel bag with shoulder strap, etc.

The Northern Lakes Impact Center is NOT responsible for lost or stolen items.

