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What participants might bring to FLOC OEC multi-day program

*Please, adjust numbers depending upon the length of the program the participant will be attending.

This particular list is for a five-day experience at FLOC OEC.

*Remember that what the participant brings will **most likely get dirty**.

*This list is intended as a guide, listing the minimal amount of items that the participant should bring to FLOC OEC. Please use your own judgment when adding items, keeping in mind that the participant must carry all items to the campsite.

All of the items listed below depend upon weather. Therefore, if it is fall or wintertime, bring warm clothes such as pants and sweatshirts. If it is summertime, bring clothes that will keep you cool like shorts, t-shirts and a bathing suit. Whatever the weather has been like at home, it is likely to be about 10° cooler during the daytime at the OEC and up to 20° cooler in the evenings at the OEC.

(Comfortable) Clothing:

- ✓ 2 pairs of shorts
- ✓ 1 pair of long pants (pants you can move around in or sweats)
- ✓ 3 t-shirts
- ✓ 1 long sleeved shirt
- ✓ 4 pairs of socks
- ✓ 4 pairs of underwear
- ✓ 1 sweater or jacket
- ✓ 1 raincoat or poncho
- ✓ 1 bathing suit and beach towel
- ✓ 1 pair of slippers for cabins/lodge
- ✓ 1 pair of old, extremely comfortable sneakers (closed toed shoes required)
- ✓ 1 pair of river shoes (cover your feet completely and can dry quickly)

Personal items:

- ✓ Water bottle
- ✓ Bed linens, Pillow case & Blankets (a warm Sleeping Bag is best)
- ✓ Toothpaste & toothbrush
- ✓ Comb, brush, soap, shampoo
- ✓ Allergy medications & prescribed medications (be sure to notify FLOC staff)
- ✓ Sunscreen
- ✓ Backpack to carry your personal items on the overnight
- ✓ Flashlight with batteries

Optional items:

- ✓ Insect repellent
- ✓ Journal & pen

Do NOT bring: ∅ Walkman, Game boy, other electronics, pocketknives, toy or real weapons or food
∅ Anything else that you might be afraid to lose, share or get dirty