



## AUDUBON CENTER OF THE NORTH WOODS

### What to Bring and What to Leave at Home

Students and adults are responsible for bringing personal items and clothing appropriate for the season. Remember that everyone will be outside much of the day, and being properly dressed is essential for comfort and safety.

Our weather is quite different from that in the Twin Cities metro area. Usually, winter temperatures are colder and snow cover is deeper. Fall typically comes two weeks earlier, and spring two weeks later. Please be prepared!

We want your stay to be as pleasant as possible. Please visit our website for information about the Audubon Center of the North Woods, or contact your school's group leader if you have any questions or special requests.

A *suggested packing list* follows:

<b>Clothing</b>	Rain gear and boots Tennis or hiking shoes One other pair of shoes Warm jacket Sweaters Changes of outer clothing Changes of under clothing Hat and gloves Several pairs of socks Shoes, sandals or rubber boots to get wet for canoeing or aquatics	<b>Add for Winter</b> Warm hat (ear muffs are not enough) 2 pairs of mittens (not gloves) Snowmobile Suit or snow pants Warm winter coat Long underwear
<b>Personal Gear</b>	<b>Water bottle</b> Flashlight Sleeping bag or bedroll Pillow Towels, bath & hand Soap, bath & hand, & container Shampoo Toothbrush & paste Pajamas & slippers Medications Writing materials	<b>Optional Personal Gear</b> Camera and film Money for purchases at the Audubon Center Store Sunglasses Insect repellent (DEET-free only) Book to read Travel clock (chaperones)
<b>Optional Group Equipment</b>	First Aid kit Movies, videos Games, play equipment Journals Coffee maker	
<b>Please Leave at Home</b>	Radios, iPods, MP3 players, etc. Electric hair dryers, shavers, etc. Chewing gum, candy, pop Alcohol, tobacco, drugs, weapons Non-recyclable items	