**MOSS OUTREACH PROGRAMS**

We ask that students are prepared to spend a majority of the day out-of-doors. Dressing in LAYERS is most important in this climate. Outer layers can be shed during warm afternoons after it warms up throughout the day.

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| FOR THE FIELD * Day pack for carrying water, lunch, etc.
* Lunch
* WATER BOTTLE or Two! (very important!!)

FEET * 1 pair of closed- toe boots or sturdy shoes
* Rain/waterproof boots for rainy days
* *Winter:* Thick socks (wool or synthetic)

HANDS: * *Winter:* Gloves or mittens

HEAD* Hat that shields face from the sun
* Sunscreen and lip balm with sunscreen
* Sunglasses
* *Winter:* Insulated or wool hat which covers ears

**What NOT to Bring:**  * Pocket knives, Leatherman® tools, weapons, “toy” weapons etc.
* Cell phones, radios, video games, personal computers, etc.
* Pets
* Tobacco, alcohol or illegal drugs
 | MISC* Pen or pencil and a notebook
* Camera (optional)

UPPER-BODY: * Fleece sweatshirt/ wool sweater
* Waterproof rain jacket
* Long or short sleeved T-shirts
* *Winter:* Heavy weight insulated jacket
* *Late Fall/ Winter:* Synthetic long underwear top

LOWER-BODY: * Pants for hiking
* Rain pants for rainy days
* *Winter:* Synthetic long underwear (this is essential in cold weather!)
* *Winter:* Insulated pants for colder days

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