

# Sound Adventures Camp Supply List and Clothing

*Dress in, and bring, layers appropriate for the day's weather.*

Hat/sunglasses  
Long and short sleeved shirts  
Pants/shorts for appropriate weather conditions  
Comfortable walking shoes  
Hiking boots Extra socks  
Rain gear Small Towel  
Trekking Poles  
ID

Optional: Bathing Suit (summer camps)

Small day-pack, including:  
Water  
Pocket First-Aid Kit  
Moleskin  
Hand sanitizer, baby wipes, toilet paper  
Whistle  
Adequate sun, insect and tick protection!!  
Lib Balm  
WATER!  
Snacks (gorp, power bars, etc)  
Trash Bag to carry out garbage

Camera  
Notebook/writing utensil

Lunch: ***brown-bag it! NO glass bottles, please.*** We'll eat on the trail. We may have some extra time to explore downtown Peterborough at the end of the day Saturday, but not likely until after lunchtime!