

Visual Arts Trip What to Bring List

WHAT TO BRING: (remember, less weight is usually better)

- ⊖ HANDWRITTEN GOALS
- ⊖ Clearly labeled medications and Physician's Authorization Form, if bringing prescriptions. Unless absolutely necessary, please do not bring non-prescription items.
- ⊖ Signed Health Form (by parent/guardian if you are under 18 years old)
- ⊖ Signed Informed Consent Form
- ⊖ Bible (small NIV if possible)
- ⊖ Paper, pen and/or pencil
- ⊖ Sleeping bag: be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing space.
- ⊖ Flashlight (check batteries)
- ⊖ Insect repellent (non-aerosol)
- ⊖ Sunscreen or protective lotion
- ⊖ Hand Sanitizer
- ⊖ 1 plastic garbage bags (these serve many purposes)
- ⊖ Personal items that you know you will need
- ⊖ Hat for protection from the sun
- ⊖ Small towel and washcloth
- ⊖ 1 pair of tennis shoes (lightweight & broken in for day hiking)
- ⊖ A second pair of shoes to be kept dry or for in camp (tennis shoes, sandals or flip-flops)
- ⊖ Modest one-piece swimsuit or swim shorts
- ⊖ 1 pair of long pants
- ⊖ 2 pairs of shorts (prefer quickly drying shorts)
- ⊖ Underwear
- ⊖ Socks (2-3 pairs)
- ⊖ 2 T-shirts (prefer quickly drying shirts)
- ⊖ Wool sweater or something comparable for warmth
- ⊖ Rain gear, top and bottom (top is most important)
- ⊖ Your own drinking mug or cup
- ⊖ Your own unbreakable plate and eating utensils
- ⊖ Small backpack for day trips

KEEP IN MIND: Everything you need personally will be keep in your **blue barrel**. You may rent a bag from us for \$10 per trip purchase one for \$35.

SHOES: At no time will you be permitted to be barefooted. Sandals with Velcro straps will come off of your foot very easily when in the river and should have buckles if you intend to wear them while swimming. Flip-flops are not allowed for your time hiking on the trail; however they are permitted for your time at the campsites.

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes, low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn at the beach and going to and from the beach only.

WHAT NOT TO BRING: Audio devices such as, ipods, cell phones, electronic games, laser pointers, illegal drugs, alcohol, tobacco products, fireworks, and firearms

FOREST SPRINGS PROVIDES: Tents, sleeping pads, cooking equipment, food, camping gear, first aid, and certified lifeguards

ITEMS TO RENT OR BUY:

Rent: Sleeping Bag \$10, Thermarests \$10, Crazy Creek Chair \$5

Buy: Sleeping Bag \$35, Pillow \$10, Sunglass Strap \$5. Mosquito Nets \$5

OPTIONAL ITEMS: Sunglasses, camera, extra water bottle (camp will give you a water bottle to keep)

Visual Arts What to Bring List

PHOTOGRAPHY

- SLR camera
- Back up batteries
- Battery Charger
- Charging/transfer cable
- Storage cards
- Tripod
- Waterproof storage
- Computer

PAINTING

- Brushes-variety of sizes (detail to large)
- 1 inch brush
- Paint (acrylic or watercolor)
- Canvas or Paper
- Mixing tray
- Water cup
- Rags
- Board or canvas to work on
- Pencil/eraser/sharpener
- Pouch or tackle box to hold supplies
- Plastic Portfolio to carry paintings
- Small easel, if desired
- Other items you know you prefer to work with

DRAWING

- Paper or bound paper book
- Board, to work on if needed
- Pencils (softer, variety of pencils)
- Charcoal, if desired
- Oil pastels, if desired
- Eraser
- Sharpener
- Smudging tools
- Rags
- Pouch or tackle box to hold supplies
- Plastic Portfolio or Binder with sheet protectors
- Other items you know you prefer to work with