

## What to Wear? What to Bring?

Most training activities take place in the outdoors in open fields or around trees. Thus, anticipating the weather and dressing appropriately is your key to comfort since you may encounter strong sun, shade, wind, rain, or snow. Anticipating the weather and dressing appropriately is your key to comfort and enjoyment.

### What to Wear

In *hot weather*, the formula is simple:

- Shorts or jeans, and a t-shirt make up the basics. A light-weight long-sleeve shirt can help to protect from insect bites and stings.
- Sneakers or lightweight boots are required footwear.  
**(Open-toed shoes, sandals or Tevas are not allowed)**
- A cap or hat and sunglasses to protect you from the sun are a smart idea.
- **Rain gear is absolutely necessary.** Activities will take place rain or shine.

The key to *cool and cold weather* is a combination of the following:

- Layered clothing that includes a turtleneck, sweatshirt, wool sweater, long underwear, wool socks and jacket lets you adjust what you are wearing as the level of activity and temperatures change throughout the day.
- A hat and gloves. A huge amount of body heat is lost through the head therefore a hat is essential to stay warm.
- Boots or shoes that keep your feet warm and dry. Waterproof boots make all the difference in rain or snow.
- Rain gear is absolutely essential!

Wool and fleece are superb insulation materials. They will keep you warm even if soaking wet. Cotton becomes absolutely useless when damp, so if you anticipate wet or cold weather, wear wool/fleece socks and sweater.

### What to Bring:

Necessary Items:

- Medications, Inhalers or bee sting kits (if you are asthmatic or allergic to bee stings.)
- Water bottle for each participant
- Sunglasses, sunscreen and bug spray.
- We have Sunscreen and Bug spray available, however we strongly encourage participants to apply bug spray prior to their arrival at the Browne Center and to re-apply as needed throughout the day.
- Avoid wearing excess jewelry (e.g., necklaces, bracelets, etc.)

Optional Items:

- Camera
- Journal