

What to Bring

Frog in the Bog Program is conducted mostly outdoors, so it is necessary to come prepared. If you do not have some of the items **don't buy them**; you may substitute, improvise, or talk to your teacher. **Do prepare for the weather! it can be warm, cold, windy, rainy, sunny, or snowy in the dunes.** Remember that everyone will carry their own luggage. Do not pack more than your student can carry!

- ☐ 1 Small Backpack
- ☐ 2 Reusable Water Bottles
- ☐ 1 Poncho or Raincoat (Winter Coat if Appropriate)
- ☐ 1 Hat (Appropriate for Season)
- ☐ Warm Gloves, Scarf, Etc. for Cooler Temperatures
- ☐ 4-5 Pairs of Warm Socks
- ☐ 2 Sweaters or Sweatshirts
- ☐ 2-3 Shirts, at least one Long-Sleeved
- ☐ 2 Pairs of Long Pants
- ☐ Shoes that can get Muddy
- ☐ Extra Shoes
- ☐ Pajamas
- ☐ Lip Protectant (ChapStick, Blistex, etc.)
- ☐ Sun Screen
- ☐ Bug Spray
- ☐ Towel and Washcloth
- ☐ Soap, Toothbrush, Toothpaste and other Toiletries
- ☐ Comb or Brush
- ☐ Sleeping Bag or Rolled-Up Blankets and Pillow
- ☐ Extra Plastic Bags for Wet Shoes and Dirty Clothes

OPTIONAL

- ☐ Camera
- ☐ Binoculars
- ☐ Book to read before bed

FOOD AND DRINK ARE NOT ALLOWED IN THE CABINS AT ANY TIME. PLEASE DO NOT BRING FOOD, GUM, CANDY, HAND-HELD ELECTRONICS, CELL PHONES, KNIVES OR WEAPONS OF ANY KIND