

# Howell Conference & Nature Center

## Heifer Global Village Packing List

*Make sure you remember to bring your signed Agreement to Participate form for minors and the Assumption of Risk form for adults!*

Below are some suggestions for items to bring to help ensure your group will be as comfortable as possible during the program. A backpack or duffle bag is ideal to carry your lunch and other items listed below as individuals carry their own gear to the site.

- |                         |                               |                       |
|-------------------------|-------------------------------|-----------------------|
| ■ Sack Lunch            | ■ Flashlight                  | <b>Leave at Home:</b> |
| ■ Filled Water Bottle   | ■ Personal Toiletries         | ■ Electronics         |
| ■ Sleeping Bag          | ■ Rain Gear & Jacket          | ■ Cell Phones         |
| ■ Towel & Washcloth     | ■ Hat & Gloves                | ■ Jewelry             |
| ■ Insect Repellant      | ■ Warm & Cool Weather Clothes | ■ Watches             |
| ■ Sunscreen & Chapstick | ■ Sleepwear                   | ■ Gum/Candy           |
| ■ Underwear/Socks/Shoes | ■ Camera (optional)           | ■ Sandals             |

### *Recommended Clothing:*

- **Sturdy Shoes** — Gym shoes or hiking boots are fine during warm weather. For early spring, fall and winter, hiking or other boots are often necessary for warmth. No sandals or dress shoes.
- **Layered Clothing** — You can always take clothing off, but you cannot put on what you don't have! Start with a light layer like a tee-shirt (sleeveless and tank tops are not allowed) and jeans or sweatpants. Add a long sleeve top, sweater, and jacket. Knee-length shorts are fine in hot months, but keep in mind it is often cool in the morning. Add additional layer for the winter months and subtract layers for the summer.
- **Hats, Gloves, & Wool Socks** — Up to 90% of our body heat is lost through our extremities. Add these essentials to your daypack. A brimmed hat is nice for sunny days.
- **Raingear** — Ponchos or rain suits are needed in wet weather.

***We are outside — rain or shine!***



For more information or to schedule a program, call 517-546-0249.