

# Overnight Programs Packing List

## Cold Weather



Welcome to the Heifer Global Village! Below is the suggested packing list for your overnight program in the Global Village. *Remember that you will be spending most of your first day outdoors!*

### Things You Should Bring to the Village

- Backpack or duffel bag to carry everything in
- Sturdy sports shoes, hiking boots or snow boots, warm socks
- Appropriate clothing for the season and the day's weather, including a coat/jacket, hat, and gloves.
- Water bottle – FULL (quart-sized recommended)
- Sack lunch
- Any medication you will need at dinnertime
- Optional: Insect repellent (it may get buggy in the Village)
- Optional: Sunscreen, chapstick, sunglasses
- Optional: Flashlight or headlamp
- Optional: Camera

### Things You May Leave in Your Lodge or Vehicle

- Clothes & shoes for indoor program time
- Sleeping bag, pillow, pajamas
- Shower & hygiene supplies
- Electronics (game, music, DVD, or other devices)  
Please note: with the exception of cell phones for adults, no electronics are allowed in the Village.
- Snacks, food, pop, candy, gum, leftovers from lunch. You may leave these in your lodge's kitchen (there is a refrigerator there) but they are not permitted in the Village.
- Strollers and walkers are not advised on this terrain, however benches are available in some parts of the village.\*

### Do Not Bring

- Weapons of any kind (including camping or hunting knives)
- Anything with words, gestures, logos, or symbols which may be considered
- Offensive
- Illegal drugs, alcohol, or tobacco products

#### *A side note to chaperones:*

We thank you heartily for giving up a day of your hectic lives to accompany your children on such an important trip today. They wouldn't be here without you, and neither would we.

We ask that you be supportive and positive role models for the young people in your group, encouraging them to participate and allowing them the space to try, fail, ask questions, wonder, and explore.

Please remember that chatting in the "background" is always heard and can be distracting for the group. We also ask that you silence your phones and use them on an emergency basis only. Thank you very much for your support and cooperation!

*We look forward to seeing you!*

\*If you feel that anyone in your group may experience mobility, allergy, or medical issues in the Village, or if you have any further questions, please call us at 517-546-0249 or email Heather Barnes, the Global Village Coordinator, at [hbarnes@howellnaturecenter.org](mailto:hbarnes@howellnaturecenter.org). Thank you.