

What to Bring to Camp Squeah for Outdoor Education retreats

Clothing:

- Running shoes
- Hiking boots (for hiking in the woods and wet weather)
- Rain gear in the event of inclement weather
- Indoor shoes/slippers (for inside the Lodge)
- Hat (to keep off the sun)
- Modest swimming suit (if swimming in the pool)

Bedding:

- Sleeping bag (or other linen)
- Pillow

Miscellaneous:

- Toiletries
- Towel
- Flashlight/Head lamp
- Sunscreen (if swimming in the pool)
- Backpack (for hiking)
- Medicine you may be required to take during your stay
- An attitude of excitement!



Optional:

- A good book or magazine to read
- Musical instrument (there are pianos on site available to play as well)
- Water bottle
- Money for purchasing Squeah merchandise (shirts, hats, coffee, tea, etc.)
- Camera (not a smart phone)

Recommended not to bring:

- iPods or other electronic sound equipment (these devices tend to go missing and detract from the overall experience of being at Camp Squeah)
- Cell phones/Smart phones (we like to promote face to face relationships)

*What **NOT** to bring:*

- Alcohol (prohibited on site)
- Illegal drugs
- Inappropriate reading/viewing material or media
- Knives and/or weapons or toys that shoot projectiles (air-soft guns; paintball guns; bb guns)
- Candy (food in the cabins attract mice)
- Fireworks or firecrackers or any substance that could damage or ruin camp property or facilities (e.g.: Silly String)

