Things to Bring for Adults

Earthwarden Program

Dear Volunteer:

The following is a list of items that you should bring on the Deer Valley trip. It is very important that you have these items in order to be comfortable and prepared for the outdoor activities that will take place. Please pay attention to the items that should be left at home. New clothing is neither necessary nor suggested, as the majority of time will be spent outdoors. Please make sure that you have enough of the correct type of clothing to keep you warm and dry. **A waterproof jacket or poncho and at least one pair of waterproof boots or shoes are MUST-HAVE items!**

I cannot begin to impress upon you the wide variety of weather conditions that we have encountered while at Deer Valley. *(How about rain, sleet, snow, hail, and sunshine all in the same 24-hour period?)* Please be prepared for these various types of weather conditions. Do not pack clothing according to the Pittsburgh weather forecast for your trip. It has been our experience that it is approximately ten degrees colder at Deer Valley than at home. You can use your favorite weather app or website and use the zip code *15540* for current and forecast weather conditions at Deer Valley.

CLOTHING:

- ❑ OLD jeans or pants (must be ankle-length!)
- ❑ Long-sleeve and/or short-sleeve shirts (depending on the weather)
- ❑ Sweaters or sweatshirts (hoodies work best)
- ❑ Socks (bring twice as many as you think you will need!)
- ❑ Underwear

*** Plan on dressing in layers so that additional clothing can be put on or taken off according to the weather! The difference in temperature from morning to afternoon at Deer Valley can be significant!**

OUTERWEAR:

- ❑ Jacket – lightweight, medium, and/or heavy (depending on the weather)
- ❑ **Raincoat or poncho – a MUST!** Ponchos are the most effective and least expensive option!
- ❑ Hat and gloves in case of cold weather (the mornings are often cold at Deer Valley!)
- ❑ At least two pairs of shoes and/or hiking boots. No dress boots! No open-toed shoes!

*** It is highly recommended that you waterproof your shoes/boots with a spray if they are not Gore-Tex or other type of waterproof material!**

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SLEEPING GEAR:

- ❑ Pajamas or other clothes to sleep in
- ❑ Pillow and pillow case
- ❑ Sleeping bag and/ or blanket and sheets

*** Cabins have both queen-size and twin-size beds. We recommend that you pack both twin and queen size sheets. There are a limited number of queen beds in these accommodations available on a first-come first-served basis.**

PERSONAL NEEDS:

- ❑ Shower shoes (flip-flops, Crocs™, etc.) to walk to the shower
- ❑ Bath towels and wash cloths
- ❑ Soap
- ❑ Shampoo
- ❑ Deodorant
- ❑ Hand soap for the bathroom
- ❑ Medications
- ❑ Sunscreen
- ❑ Hair brush
- ❑ Hair dryer
- ❑ Hair product
- ❑ Toothbrush and toothpaste
- ❑ Lip balm
- ❑ Shaving supplies
- ❑ Insect repellent

MISCELLANEOUS:

- ❑ **Backpack – a MUST!**
- ❑ **Sit-upon – a MUST!** (something to "sit upon" instead of the wet, muddy ground! Should be lightweight and easy to carry.)
- ❑ Pencils (at least 2 or 3)
- ❑ Pens (at least 2 or 3)
- ❑ Binoculars (optional)
- ❑ Sunglasses
- ❑ Money/credit card (optional for the gift shop)
- ❑ Fishing rod, tackle, etc.
- ❑ Refillable water bottle
- ❑ Garbage bags for dirty clothes
- ❑ Flashlight
- ❑ Coffee mug (travel type)
- ❑ Adult schedule book and resealable bag it came in
- ❑ Cell phone charger

LEAVE THE FOLLOWING AT HOME:

- Food, snacks, pop, etc.
- Alcoholic drinks and tobacco products, including vapes/e-cigarettes.
- Entertainment electronics (TVs, video games, Nintendo Switch, VR headsets, etc.)
- Shorts (The students are NOT allowed to wear them except as sleepwear. Please help us model this!)

Please make sure you secure a luggage tag with your name on each piece of luggage.