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## What to bring and how to prepare for the Outdoor Adventurers Overnight

The overnight backpacking trip for the **Outdoor Adventurers- Overnight** will take place at the Grand Menard Picnic area, about half a mile from the Ninemile Ranger Station. Your child will participate in short hikes and learn Leave No Trace principles, fire building, shelter building, and outdoor safety. We'll also play games and explore the forest! We will provide the following meals for your child: dinner on July 21st, breakfast on July 22nd, and lunch on July 22nd. Please let us know **as soon as possible** about any equipment needs, special dietary needs your child might have or any questions or concerns you have about this trip.

Everyone\* will need:

- Sleeping bag  
*If you are going to purchase a sleeping bag, we recommend one rated for three seasons and down to 20 °F*
- Comfortable pair of hiking boots that have been worn before
- 2 pairs of comfortable socks
- 2 pairs of shorts/pants  
*Pants made out of quick-dry fabric that zip off to make shorts are a good option if you have them.*
- Rain gear
- Warm jacket (fleece or wool—it gets cold around that campfire at night!)
- Warm hat that covers ears
- Warm mittens/gloves
- Any medicines that your child might need
- 3 pairs of underwear
- At least one large water bottle
- Handkerchief
- Hand sanitizer/wet wipes
- Camp shoes—comfortable shoes for when we're at camp
- Toothbrush and toothpaste
- Flashlight/headlight with extra batteries
- Small-to-medium-sized stuff sack to put food and other scented items in so they can be hung
- Sunscreen
- Bug spray

Optional but Recommended:

- Small, quick-dry camp towel
- Sleeping pad
- 1 set of long underwear- top and bottom
- Ziplock bags
- Journal
- Camera
- Binoculars
- Crazy creek chair

MNHC will provide:

- Toilet paper
- Food for dinner on July 21, breakfast and lunch on July 22
- Bear spray
- Cooking stoves
- Fuel
- Backcountry first aid kits
- Waterproof matches/lighter
- Fire starter
- Water filter
- Tent- MNHC will provide shared tents for campers

*\*If your child does not have any of these items, please let MNHC know as soon as possible once you register*

