

# TEEN TREKS

## Optional Items on all trips:

Camera, sun glasses, sun screen, hat

If lost and you want it back, put your name on all items.

**Money** – there are gift shops & snack areas on some trips

**Consider the weather and dress appropriately.**

See separate page for snow tubing trek.

## WHAT to WEAR - Dinner Theater

1. Wear **nice looking clothes**
2. No shorts or flip-flops.
3. They sell a drink in a commemorative glass for \$6-8. This is extra and not required for the dinner or show.

## WHAT to WEAR - Theater or Shopping

1. No shorts or flip-flops.
2. Shopping – be sure you wear comfortable walking shoes.
3. Do not bring purse/bag that can easily be picked/stolen.

## WHAT to WEAR - Ropes Trip

If you want it back, label with your name.

1. **Socks** – cover the ankle
2. **Closed-toe/heel shoes**
3. **Shirt** that covers the shoulders and belly
4. **Shorts** that covers your bottom when sitting
5. **Hat** and/or **bandana**
6. **Rain gear**
7. **Water bottle and bagged lunch with drink**

## WHAT to WEAR - White Water Raft Trip

1. **Water bottle, Bagged lunch with drink**
2. **Swimming suit and towel**
3. **Plastic bag** to put wet clothes/suit in
4. **Water shoes that stay on feet** (no flip-flops)
5. **Sunscreen, hat** (if take on water, all must be tied down)
6. **Change of dry clothes when get off water**
7. **short sleeved T-shirt** – to prevent sun burn on water