

WHAT DO I WEAR/WHAT DO I BRING/WHAT CAN I EXPECT?

WHAT TO WEAR

- QUICK DRYING CLOTHES APPROPRIATE FOR THE SEASON THAT YOU DO NOT MIND GETTING WET & SANDY &/OR MUDDY
 - NO JEANS, HEAVY COTTON CLOTHING SUCH AS SWEATSHIRTS/PANTS
- STURDY SHOES: SPORTS SANDALS, WATER SOCKS, OLD SNEAKERS OR DECK SHOES THAT YOU DO NOT MIND GETTING WET & SANDY & MUDDY
 - WE INSIST NO FLIP FLOPS ARE TO BE WORN ON ANY ADVENTURE
- IF YOU WEAR GLASSES, PLEASE BRING SOMETHING TO SECURE THEM SUCH AS A CROKIE, STRING OR RUBBERBANDS

WHAT TO BRING

- BACKPACK OR BAG TO CARRY STUFF
- LARGE WATER BOTTLE 16OZ OR BIGGER (OR TWO SMALLER ONES)
 - WE PROVIDE EXTRA WATER BUT REQUIRE EVERYONE TO HAVE THEIR OWN PERSONAL SUPPLY
- SNACK SUCH AS GRANOLA BAR, ENERGY BAR, FRUIT, ETC.
- RAIN JACKET OR WINDBREAKER
- TOWEL
- CHANGE OF CLOTHES & SHOES
 - YOU WILL NOT ALWAYS HAVE TO CHANGE CLOTHES BUT WE FIND THAT SOME WILL WANT OR NEED TO CHANGE CLOTHES TO DRY OUT OR BEFORE YOU GET BACK IN YOUR VEHICLES
- SUNSCREEN AND INSECT REPELLENT (THIS IS A MUST, PLEASE APPLY BEFORE YOU ARRIVE AND DURING PROGRAM)
- HAT FOR SUN PROTECTION (wide brim hats are best)
- SUNGLASSES (optional) – please bring something to secure you sunglasses
- CAMERA (waterproof or stored in a waterproof case; remember things will get wet)
- HEALTH REGISTRATION FORM/WAIVER (Group Leaders collect from parents and return to Mahanaim Adventures before the start of the program OR parents fill them out at our facility.)

WHAT TO EXPECT

- ADVENTURE & FUN
- SEEING THE WORLD FROM A DIFFERENT PERSPECTIVE

- BEING IN AND ENJOYING THE GREAT OUTDOORS
- GETTING WET
- GETTING SOME SUN
- WALKING OR HIKING IN SAND &/OR MUD
- PADDELING A SELF-PROPLED BOAT
- BUILDING MEMORIES WITH YOUR FAMILY/GROUP