

Coastal Explorations - Monterey

NEEDS LIST

BASIC DO's

Bring **OLD** clothes. Designer clothes will become dirty. **THIS IS NOT A FASHION SHOW - DRESS ACCORDINGLY.**

BASIC DON'T's

DO NOT BRING knives, anything to start a fire, electronic games, snack food/candy, etc.

- Sleeping bag
- Pillow
- Sleep wear and bathrobe
- Changes of underwear (1/day)
- 3-4 pairs of jeans
- Shirts (both long and short-sleeved)
- Shorts (optional)
- Swimsuit (optional)
- Changes of socks (1/day)
- 2 pairs of tennis shoes, 1 pair of hiking shoes (if available)
- Jacket, sweatshirts
- Hat
- Rain parka
- Laundry bag (fabric)
- Soap, shampoo, deodorant
- Comb, brush, hair dryer, etc.
- Toothbrush and toothpaste
- Chapstick, sunscreen, lotion, insect spray, etc.
- Flashlight
- Clipboard (standard sized 8.5" x 11") **VERY IMPORTANT**
- Pens/pencils (with erasers)
- Water bottle (refillable)
- Camera (optional)
- Binoculars (optional)