

# EDISON CROSS COUNTRY CAMP

## Gear List:

1. Regular clothes and running clothes for three days and evenings
2. Shoes: Training Shoes, old shoes for canoeing
3. Bathing Suit
4. Toiletries, towels, large beach towel
5. Bedding (twin bed), or sleeping bag, pillow
6. **MEDICATIONS (INHALERS ETC.)**
7. Sunscreen, insect repellent
8. Optional: small amount of money (snack bar), camera
9. Electric fan
10. Playing cards and/or table games/Frisbee
11. Flashlight
12. Snacks and Drinks
13. **WHAT TO WEAR & BRING on Tree Frog Zip Line Canopy Tour**

- Participants should wear clothing that is appropriate for the weather. Check the weather forecast before you come. Tours run rain or shine. However, we will not operate tours in thunder storms, close in lightning (*3 miles*), or high winds.
- *FLIP FLOPS, SLIP ON SHOES, OR OPEN TOE SANDALS ARE NOT PERMITTED.* Tennis or hiking shoes with good traction are recommended.
- **Be sure to bring any medication needed at a moment's notice, such as inhalers, Epi-pens, or Nitroglycerine pills.**
- Shorts should have at least a 9 inch inseam. Halter and spaghetti strap tops are not recommended.
- All jewelry and personal possessions should be left at home. Please remove all items from your pockets, such as cell phones and wallets. Cameras that can be secured while on course are permitted. We cannot be responsible for or be able to retrieve dropped items.
- Long hair must be tied back.
- Many people bring cameras.

*Please wear clothing that is appropriate for the weather, and closed toed shoes. Note that the tour is very close to a stream and it stays a little cooler in the valley. Judge accordingly. You should avoid wearing short shorts.*