

## Metroparks Outdoor Skills Participant Gear Recommendations

All programs: Dress for the weather in comfortable, non-restrictive clothing. Removable layers are recommended. Sun protection recommended for all programs (sunscreen, lip balm, hat), and insect repellent (optional) may be desired. Raincoats recommended if rain is forecast. Binoculars and cameras are optional on most outdoor programs; cameras are not recommended for paddling programs.

### Paddling

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Quick-dry clothing (synthetic materials)</li> <li>• NO COTTON clothing (wet cotton can quickly lead to hypothermia)</li> <li>• Water shoes, old tennis shoes, or sandals secured to your feet (no flip flops)</li> </ul>	<ul style="list-style-type: none"> <li>• Towel</li> <li>• Filled water bottles (with clip or carabiner recommended)</li> <li>• Snacks</li> <li>• Dry change of clothes (highly recommended)</li> <li>• Sunglass keeper/string (highly recommended)</li> </ul>	<ul style="list-style-type: none"> <li>• Mesh bag or dry bag</li> <li>• Electronics not recommended</li> <li>• Electronic key fobs do not work if they get wet, please put them in a dry bag or do not bring them with you</li> </ul>

### Archery

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Avoid shirts with baggy fronts and sleeves</li> <li>• Close-toed shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Filled water bottles</li> <li>• Snacks</li> <li>• Hair-tie for long hair (highly recommended)</li> <li>• Avoid long or dangly jewelry</li> </ul>	<ul style="list-style-type: none"> <li>• Bring your own bow if you prefer. Must supply own field point arrows.</li> </ul>

### Snowshoeing

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Dress in wool or synthetic fabrics, including socks</li> <li>• Wind and waterproof outer-layer recommended</li> <li>• No cotton clothing (wet cotton can quickly lead to hypothermia)</li> <li>• Winter hat and gloves</li> <li>• Waterproof shoes or boots</li> </ul>	<ul style="list-style-type: none"> <li>• Filled water bottles</li> <li>• Snacks</li> </ul>	<ul style="list-style-type: none"> <li>• Light backpack for snacks, etc.</li> </ul>

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### Bicycling

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Avoid overly baggy pants</li> <li>• Closed-toed shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Helmet (required)</li> <li>• Filled water bottles</li> <li>• Snacks</li> <li>• Lights for evening programs (white front light and red rear light)</li> </ul>	<ul style="list-style-type: none"> <li>• Light backpack for snacks etc.</li> <li>• Elbow/knee pads for children</li> </ul>

### Fishing

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Non-cotton clothing recommended</li> <li>• Water shoes, sandals secured to your feet, or old tennis shoes (no flip flops!)</li> </ul>	<ul style="list-style-type: none"> <li>• Filled water bottles</li> <li>• Snacks</li> <li>• Bait will be supplied by Metroparks</li> </ul>	<ul style="list-style-type: none"> <li>• Fishing pole (Metroparks will supply poles, but you may bring your own if you prefer)</li> </ul>

### Overnight Camp

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Light jacket (even in warm weather)</li> <li>• Comfortable walking/hiking shoes</li> </ul>	<ul style="list-style-type: none"> <li>• Tent</li> <li>• Sleeping bag or blankets</li> <li>• Sleeping pad</li> <li>• Pillow</li> <li>• Filled water bottles</li> <li>• Snacks</li> <li>• Flash light or head lamp</li> </ul>	<ul style="list-style-type: none"> <li>• Toiletries (shower facilities not available)</li> <li>• Lawn chair or blanket to sit on by fire</li> <li>• Ground tarp (recommended if rain is in the forecast)</li> <li>• Old towel to wipe mud off equipment during take down</li> </ul>

### Day Hike

<b><u>Clothing:</u></b>	<b><u>Equipment/Supplies:</u></b>	<b><u>Optional:</u></b>
<ul style="list-style-type: none"> <li>• Walking/hiking shoes/boots (no flip flops)</li> </ul>	<ul style="list-style-type: none"> <li>• Light daypack</li> <li>• Filled water bottles</li> <li>• Snacks</li> </ul>	<ul style="list-style-type: none"> <li>• Hiking poles</li> <li>• Map/guidebook/notebook</li> </ul>