



SUMMER YOUTH PROGRAM: JSLA EQUIPMENT CHECKLIST

THINGS YOU WILL NEED EVERY DAY

- Bag lunch
- Healthy snacks – fruit, granola bars, trail mix
- Water bottle – 1 quart minimum
- Day pack
- Bathing suit and towel
- Rain Gear
- Sweatshirt or windbreaker
- Hat
- Sunscreen
- Good sneakers or lightweight hiking boots (Broken in!)
- Water shoes or waterproof sandals

ADDITIONAL THINGS YOU WILL NEED FOR OVERNIGHT CAMPING

- Sleeping bag
- Sleeping Pad (foam, etc. for under sleeping bag)
- Bowl/plate and fork/spoon (marked with name)
- Flashlight (new batteries)
- Long pants
- Warm fleece top
- Extra pair of socks
- Large backpack or duffel
- Large trash bag (to keep things dry)

Remember to Leave your Electronics at Home!

Please contact us if you have any questions:

Squam Lakes Association
534 US Route 3
Holderness, NH 03245
Phone: (603) 968-7336
E-mail: info@squamlakes.org