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