

## WHAT TO BRING to SMOKIES SCIENCE INVESTIGATIONS

- Campers will be outside most of the time and should bring rugged clothes that can get dirty.
- Please label items with child's name.
- 2 pairs long pants
- 3 pairs shorts
- 2-4 pairs thin liner socks
- 2-4 pairs wool or thicker socks
- 1 pair underwear for each day
- T-shirts for each day
- 2 long-sleeved shirts
- 1 wool sweater or fleece pullover
- WATERPROOF RAIN GEAR IS A MUST!!** We recommend a jacket and pants instead of a poncho - not thin "garbage bag" type plastic
- brimmed hat (for sun protection)
- sunglasses and sun protection lotion
- 1 pair tennis shoes for around camp and in dorm
- 1 comfortable pair hiking boots - broken in!
- bandana
- sleeping bag and pillow
- day pack (Everyone will be carrying his/her own lunches on all day excursions. A pack can also be helpful for carrying raingear, paper/pencils, research equipment, extra socks, etc.)
- swim suit and towel
- 1 pair old tennis shoes for wading in streams. (NOT open-toed sandals or flip flops. Campers will not be able to swim in streams without shoes.)
- pajamas or sleepwear for nights
- 2 water bottles with secure lids
- toothbrush and toothpaste
- towel and washcloth
- soap
- small flashlight (extra batteries) - head lamps are great
- pencil or pen, and notebook
- comb or brush

**OPTIONAL ITEMS:**

Camera, binoculars, playing cards, compass, reading material, swim goggles, magnifying glass

**WHAT NOT TO BRING:**

- snacks, food, candy, gum (these attract insects and rodents to the tents!)
- cell phones, iPods, hair dryers, curling irons or any other electrical equipment
- Crocs, Tevas, Chacos, etc. (Footwear such as these have been known to cause ankle injuries and open wounds. River shoes only may be worn during water activities.)
- knives of any kind
- provocative clothing not appropriate for camp that will reflect poorly on you as well as Tremont in the eyes of park visitors (e.g. super short shorts, revealing shirts).

PLEASE NOTE: Cell phones are NOT permitted at camp. If you normally depend on one for its camera capabilities, we suggest that you instead bring a digital or disposable camera.

**GREAT SMOKY MOUNTAINS INSTITUTE AT TREMONT**

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