## **Camp BOLO Checklist**

Come as you are but we encourage you to bring these items for a comfortable time:

<u> Clothing &amp; Personal Wear</u>
□ Comfortable moisture-wicking shirt
□ Breathable hiking pants, leggings, or shorts
☐ Hat or cap (sun protection)
□ Sunglasses (UV-protective)
□ Long socks (Extra pair of socks)
$\square$ Comfortable hiking shoes or runners (shoes will get dirty)
Wellness & Protection
□ Refillable water bottle
□ Sunscreen (SPF 30 or higher)
□ Bug spray or insect repellent
☐ Lip balm with SPF
Snacks & Fuel
$\square$ Any personal dietary items or meds
Essentials & Gear
□ Small backpack or daypack
□ Lightweight blanket or sit pad for breaks
□ Phone (with full charge or battery pack)
□ Camp Bolo Shirt (if you have one!)
Mental Prep
□ Open mind
□ Positive attitude
☐ Willingness to share and connect