

SPECTRUM WILDERNESS
CLOTHING/INFORMATION SHEET

The Spectrum Program will provide all food and equipment during the course. The Spectrum Program also has the resources to outfit any student with proper clothing for rugged outdoor living in a variety of weather conditions. It is encouraged that participants bring a small amount of clothing and personal items for Graduation, but personal property should not exceed the amount that can be carried in a small duffel bag, pillow case or plastic garbage bag. It is advisable to mark each item with the youth's name. **Please mark or tag your student's bag!** We will provide storage for travel items once the course begins. **All personal items are subject to the approval of Spectrum Staff.**

DO NOT BRING ANY CLOTHING OR ITEMS THAT ARE VALUABLE. TOUCH OF NATURE ENVIRONMENTAL CENTER IS NOT RESPONSIBLE FOR DAMAGED OR LOST CLOTHING/PERSONAL ITEMS.

PERSONAL ITEMS:

- | | |
|---|---|
| _____ 1 toothbrush/toothpaste | _____ 2 bandannas |
| _____ 4 pairs of underwear | _____ 3 T-shirts |
| _____ 2 pairs of shorts | _____ 1 baseball cap |
| _____ 1 wool/synthetic fleece shirt (ex. fleece pullover) | _____ comb or brush |
| _____ 4 pairs of socks (light, wool athletic variety) | _____ sunscreen |
| _____ extra eyeglasses (if needed) | _____ eyeglass strap |
| _____ two pairs of pants - <u>NO JEANS or sweat pants!</u> | _____ Sport Sandals and/or tennis shoes |
| _____ Bug repellent lotion or gel only (unscented) | (Preferably sandals w/ heel strap) |

NOTE: We advise that you bring inexpensive clothes that are loose fitting, sturdy and will wear well.

* At least one month's supply of tampons and pads for female students

_____ **BOOTS:** Boots should have rubber lug soles for traction, a flexible, but sturdy sole, and reinforced toes and heels. The student should try to break them in by wearing them prior to course.

ABOUT FOOTWEAR: Steel toe boots are not allowed. Each student should have one pair of comfortable tennis shoes or sandals in addition to their boots to wear at night.

FALL/WINTER/SPRING:

- _____ winter jacket
- _____ long underwear (poly synthetic fabric is best)
- _____ wool hat
- _____ wool gloves or mittens
- _____ sweater or fleece/flannel top

OPTIONAL ITEMS:

- _____ lip balm
- _____ sunglasses
- _____ 2 disposable cameras
(water-proof models recommended)

AS STATED IN THE PERFORMANCE CONTRACT, DO NOT BRING MONEY, JEWELRY, VALUABLES, ELECTRONIC EQUIPMENT (SUCH AS FLASHLIGHTS) OR TOBACCO PRODUCTS.

SEND MAIL☺: We encourage parents, guardians, advocates, and friends to write to the students on the Spectrum course. We all have a part to play in their success through encouragement and support. Completion of the course should be an important foundation for future successes. Please write!

Their address will be:

(Students Name)
c/o Spectrum Wilderness Program
1206 Touch of Nature Rd.
Makanda, Illinois 62958