



What to Bring on Your PreK Table Rocks Hike

A Checklist for Teachers, Program Leads, Parents, and Volunteers:

Please review this list with your group to help ensure that everyone is prepared for their Table Rocks hike.

- 1) **Comfortable clothes** appropriate for the weather. We hike rain or shine. Spring weather can be unpredictable so bring or wear layers of clothes. It is recommended that individuals sensitive to Poison Oak wear long pants and sleeves for protection.
- 2) **Comfortable shoes** to make your hike fun and safe! This is very important! The trail is rocky and can be muddy in wet weather. *Sandals are not appropriate.* Avoid wearing new shoes to reduce the risk of blisters.
- 3) **Name tags** to help the hike lead identify each student.
- 4) **Each hiker should bring at least 1 full water bottle (32 oz).** Water is not available on the Table Rocks and dehydration is a serious health risk! *Please do not freeze your water. You can get thirsty waiting for the ice to melt.*
- 5) **A healthy snack** to eat at the end of your hike. *All garbage packed in will be packed out.*
- 6) **A backpack** is handy for carrying snacks, water, and any extra clothing. Do not bring items that have to be carried in the hands. Hiker's hands should remain free for stability, safety, and ease of walking.
- 7) **Sunscreen, hat, or sunglasses** to prevent sunburn. A good portion of the hike involves little or no shade.

Happy Hiking!

