



# SUSTAINME

**CLOTHING:** These classes will be held outdoors for most of the day, so dress accordingly. Participants should bring warm, waterproof clothing, and footwear suitable for seasonal conditions. It is best to dress in layers; synthetic base layers such as a poly-pro long sleeve, a thick fleece or pile type insulation layer, and jacket shell. Additional layers can be brought as a backup and kept in your vehicle should you need them.

## **We also recommend the following:**

- \* Warm winter hat
- \* Gloves or mittens if the weather is colder (or both mittens are warmer, gloves provide more mobility.)
- \* Water bottle
- \* Sunglasses
- \* Sunscreen
- \* Snack
- \* Small daypack
- \* Bug Spray

Please consider bringing extra clothing options, in case something gets wet!