

Cleveland Metroparks Outdoor Recreation

Participant Equipment List - For All Programs

Find your program below for a list of items to bring to class.

Items with two asterisks ** are required.

Items with one asterisk * are suggested.

Outdoor Recreation provides some items listed. Call (216) 341-1704 with questions.

<u>Canoeing, Kayaking, Sailing & Stand Up Paddleboarding (SUP)</u>	<u>Pool Sessions - Kayaking</u>	<u>Campouts</u>	<u>Fishing</u>
<p><u>Clothing</u></p> <ul style="list-style-type: none"> ** Dress for the water - In layers ** Non-cotton clothing or swimsuit ** Water shoes, sandals with straps, old tennis shoes, etc. (NO flip flops or crocs) ** Dry change of clothes/shoes * Hat ** Rain gear (jacket & pants) <p><u>Equipment</u></p> <ul style="list-style-type: none"> * Sunglasses (with strap) * Clip for water bottle * Dry bag <p><u>Personal Items</u></p> <ul style="list-style-type: none"> ** Filled water bottle(s) * Snack(s) * Sunscreen / lip balm * Insect repellent <p><u>Other</u></p> <ul style="list-style-type: none"> ** Towel * Notebook and pen * Headlamp (Night programs) 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> ** Non-cotton clothing or swimsuit ** Water shoes, sandals with straps, old tennis shoes, etc. (NO flip flops or crocs) ** Dry change of clothes/shoes <p><u>Personal Items</u></p> <ul style="list-style-type: none"> ** Filled water bottle(s) * Snack(s) <p><u>Other</u></p> <ul style="list-style-type: none"> ** Towel * Notebook and pen 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> ** Dress for the weather - In layers ** Closed-toe shoes, camp shoes (NO flip flops) ** Change of clothes * Hat ** Rain gear (jacket & pants) <p><u>Equipment</u></p> <ul style="list-style-type: none"> * Sunglasses (with strap) * Headlamp / Flashlight ** Tent ** Sleeping bag ** Sleeping pad * Camp stove * Cooking utensils <p><u>Personal Items</u></p> <ul style="list-style-type: none"> ** Filled water bottle(s)/Drinks * Snack(s)/food * Sunscreen / lip balm * Insect repellent <p><u>Other</u></p> <ul style="list-style-type: none"> * First Aid kit 	<p><u>Clothing</u></p> <ul style="list-style-type: none"> ** Dress for the weather - In layers * Non-cotton clothing * Dry change of clothes/shoes * Hat ** Closed-toe shoes ** Rain gear (jacket & pants) <p><u>Equipment</u></p> <ul style="list-style-type: none"> * Sunglasses (with strap) * Clip for water bottle <p><u>Personal Items</u></p> <ul style="list-style-type: none"> ** Filled water bottle(s) * Snack(s) * Sunscreen / lip balm * Insect repellent ** Fishing license (ages 16 - 65) <p><u>Other</u></p> <ul style="list-style-type: none"> ** Towel * Multi-tool * Notebook and pen

*** Items for every program: Waiver, Emergency Medications if applicable (EPI-PEN, Inhaler, Benedryl, etc.)



<u>Cross-Country Ski and Snowshoeing Programs</u>	<u>Rock Climbing</u>	<u>Outdoor Classes: GPS, Survival, Land Navigation, etc.</u>	<u>Cycling / Handcycling</u>
<p><u>Clothing</u></p> <p>** Dress for the weather - In layers</p> <p>** Non-cotton clothing</p> <p><u>1) Wicking / Base layer (suggestions)</u></p> <p>Long johns tops & bottoms Wool or Synthetic Liner socks</p> <p><u>2) Warm / Middle layer (suggestions)</u></p> <p>Mid-weight pants Light weight insulating top Zip up turtle neck Fleece jacket Heavy wool socks</p> <p><u>3) Weather / Outer layer (suggestions)</u></p> <p>Wind shell / waterproof Snow pants / snowsuit Waterproof boots Winter hat Gloves / mittens (or shells w/ liners)</p> <p><u>Equipment</u></p> <p>* Sunglasses (with strap)</p> <p>* Daypack (to carry items)</p> <p><u>Personal Items</u></p> <p>* Sunscreen / lip balm</p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Thermos (hot liquid - cocoa, soup)</p> <p><u>Other</u></p> <p>* Headlamp (Night programs)</p> <p>* Notebook and pen</p>	<p><u>Clothing</u></p> <p>** Dress for the weather - In layers</p> <p>* Avoid loose clothing</p> <p>** Closed-toe shoes</p> <p>* Hat</p> <p>** Rain gear (jacket & pants)</p> <p><u>Equipment</u></p> <p>* Sunglasses (with strap)</p> <p><u>Personal Items</u></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><u>Other</u></p> <p>* Notebook and pen</p> <p>* Hair ties for long hair</p>	<p><u>Clothing</u></p> <p>** Dress for the weather - In layers</p> <p>** Closed-toe shoes, boots for mud</p> <p>* Hat</p> <p>** Rain gear (jacket & pants)</p> <p><u>Equipment</u></p> <p>* Sunglasses (with strap)</p> <p>* Hiking Poles</p> <p><u>Personal Items</u></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><u>Other</u></p> <p>* Notebook & Pen</p>	<p><u>Clothing</u></p> <p>** Dress for the weather - In layers</p> <p>** Non-cotton clothing</p> <p>* Cycling gloves</p> <p>** Closed-toe shoes</p> <p>** Rain gear (jacket & pants)</p> <p><u>Equipment</u></p> <p>** Bike (in good working order) (Provided for some programs)</p> <p>** Helmet (required)</p> <p>* Sunglasses (with strap)</p> <p>* Bike repair kit</p> <p><u>Personal Items</u></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><u>Other</u></p> <p>* Notebook and pen</p>

*** *Items for every program: Waiver, Emergency Medications if applicable (EPI-PEN, Inhaler, Benedryl, etc.)*



Cleveland Metroparks
Outdoor Recreation
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If you have any questions about equipment or need to request special accommodations or adaptations for a special need, please contact us. See you soon!