



One Day Program Gear List

This list is designed to help you prepare for a one day program at Westminster Woods. We are nestled in a redwood forest where weather can be cool even in warm months.

ALL PARTICIPANTS MUST BRING

- Sack lunch
- Water bottle
- Signed Medical Information Form
- Medications, as needed
- Two face masks

RECOMMENDED CLOTHING

- Long pants or long shorts
- Layers such as a sweatshirt and warm jacket
- Rain jacket
- Closed-toed shoes are required

DO NOT BRING

- Electronics such as cell phones, tablets, iPods, or video games
- Scented products such as perfume, cologne, or body sprays
- Gum, soda, or candy