Participant Equipment List

Cleveland Metroparks
Outdoor Recreation
Phone: (216) 341-1704
clevelandmetroparks.com
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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.

Canoeing, Kayaking, Sailing & Stand Up Paddleboarding (SUP)	Kayak Classes - Pool Sessions	Floats: Canoe/Kayak & Stand Up Paddleboarding (SUP)	Fishing
Clothing	**Clothing**	**Clothing**	**Clothing**
** Dress for the water - In layers	** Non-cotton clothing or swimsuit	** Dress for the water - In layers	** Dress for the weather - In layers
** Non-cotton clothing or swimsuit	** Water shoes (NO flip flops or crocs)	** Non-cotton clothing or swimsuit	* Non-cotton clothing
** Water shoes (NO flip flops or crocs)	** Dry change of clothes/shoes	** Water shoes (NO flip flops or crocs)	* Dry change of clothes/shoes
** Dry change of clothes/shoes	**Personal Items**	** Dry change of clothes/shoes	* Hat
* Hat	** Filled Water Bottle(s)	* Hat	** Rain gear (jacket & pants)
** Rain gear (jacket & pants)	* Snack(s)	** Rain gear (jacket & pants)	**Equipment**
Equipment	**Other**	**Equipment**	* Sunglasses (with strap)
* Sunglasses (with strap)	** Towel	* Sunglasses (with strap)	* Clip for Water Bottle
* Clip for water bottle		* Headlamp (night programs)	**Personal Items**
* Dry Bag		* Clip for water bottle	** Filled Water Bottle(s)
Personal Items		* Dry Bag	* Snack(s)
** Filled Water Bottle(s)		**Personal Items**	* Sunscreen / lip balm
* Snack(s)		** Filled Water Bottle(s)	* Insect Repellant
* Sunscreen / lip balm		* Snack(s)	** Fishing license (ages 16 - 65)
* Insect Repellant		* Sunscreen / lip balm	**Other**
Other		* Insect Repellant	** Towel
** Towel		**Other**	* Camera
* First Aid Kit		** Towel	* Field guide(s)
		* Binoculars (waterproof is best)	* First Aid Kit
		* Camera	* Multi-tool
		* Field guide(s)	
		* First Aid Kit	

Snowshoe Programs	Day Escapes	Outdoor Classes/GPS - Survival Map & Compass - Etc.	Cycling / Hand Cycling
Clothing ** Dress for the weather - In layers Non-cotton clothing 1) Wicking / Base layer (suggestions) Long johns tops & bottoms Wool or Synthetic Liner socks 2) Warm / Middle layer (suggestions) Mid-Weight Pants Light weight insulating top Zip up turtle neck Fleece jacket Heavy wool socks 3) Weather / Outer layer (suggestions) Wind Shell / Waterproof Snow Pants / Snowsuit Waterproof boots Winter Hat Gloves / Mittens (or Shells w/ liners) **Equipment** * Sunglasses (with strap) * Daypack (to carry items) **Personal Items** * Sunscreen / lip balm ** Filled Water Bottle(s) * Snack(s) * Thermos (Hot Liquid - cocoa, soup) **Other** * Binoculars (waterproof is best) * Camera * Field guide(s) * First Aid Kit	**Clothing** ** Dress for the weather - In layers * Fleece jacket ** Sturdy walking shoes -or- Hiking Boats * Dry change of clothes/shoes * Hat ** Rain gear (jacket & pants) **Equipment** * Sunglasses (with strap) * Hiking Poles **Personal Items** ** Filled Water Bottle(s) * Snack(s) * Spending money * Sunscreen / lip balm * Insect Repellant ** Medications **Other** * Towel * Bandana * Binoculars (waterproof is best) * Camera * Field guide(s) * First Aid Kit	**Clothing** ** Dress for the weather - In layers ** Sturdy walking shoes -or- Hiking Boats * Hat ** Rain gear (jacket & pants) **Equipment** * Sunglasses (with strap) * Hiking Poles **Personal Items** ** Filled Water Bottle(s) * Snack(s) * Sunscreen / lip balm * Insect Repellant **Other** * Bandana * Notebook & Pen * Binoculars (waterproof is best) * Camera * Field guide(s) * First Aid Kit * Flashlight/Headlamp	**Clothing** ** Dress for the weather - In layers Non-cotton clothing * Cycling gloves ** Closed-Toe Shoes ** Rain gear (jacket & pants) **Equipment** ** Bike (must have working brakes) Hand cycles provided for adaptive clinics ** Helmets (required) (limited supply available through IGO) * Sunglasses (with strap) * Bike tools **Personal Items** ** Filled Water Bottle(s) * Snack(s) * Sunscreen / lip balm * Insect Repellant ** Medications **Other** * Bandana * First Aid Kit

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If you have any questions about equipment or a request for an accommodation for a special need, please feel free to contact us. See you soon!