

What to Bring to a BGI Day Program

Weather in the Rockies is very unpredictable. Be sure your student is prepared for mountain weather, which means many layers. The following is a recommended list of clothing and equipment. If your child doesn't have all of the outerwear, please don't buy it – try borrowing it from friends. We have lots of extra jackets/rain pants and enough rubber boots to fit most sizes if you don't have your own.

Clothing

- 1 warm sweater
- 1 rain jacket
- 1 pair of rain pants
- 1 warm hat (even if you're coming in spring!)
- 1 baseball hat and/or sunglasses
- gloves
- 1 pair of walking/hiking shoes
- Winter Program -1 pair of **waterproof** winter boots (NOT UGGS) for DEEP snow
- Spring/Fall Program - 1 pair of rain boots **at least calf height**

Personal Items

- 1 day-pack – no string backpacks, purses or messenger bags
- water bottle** or thermos
- pencils + calculator
- NUT FREE & Garbage free lunch– pack more than you think you need
- Any required medication – **epi-pens**, Benadryl, prescriptions...