

WHAT TO BRING ON YOUR NEW FRONTIERS ADVENTURE

General Necessities:

- ◇ Clothes you can get dirty
- ◇ Sweatshirt or jacket
- ◇ Windbreaker
- ◇ RAINCOAT
- ◇ Baseball cap for sun
- ◇ Two pairs of shoes
- ◇ Sleeping bag
- ◇ Towel and toiletries
- ◇ Bible (Not your good one)
- ◇ Knit hat for cold
- ◇ Flashlight and Batteries
- ◇ Bug Repellent (high DEET)
- ◇ Two garbage bags for your dirty clothes
- ◇ Water bottles totaling 2 liters
- ◇ Sunglasses

Optional:

- ◇ Camera
- ◇ Snack Money (T-shirts cost \$10 each)

If you are Caving:

- ◇ A pair of long pants and a long sleeved shirt or a pair of coveralls. (Make sure they are clothes you can get dirty or ripped.)
- ◇ A pair of boots or shoes to wear JUST in the cave. They will get very muddy.
- ◇ Bring 2 AAA batteries just for the cave - we'll provide the headlamp.

For participation in Off-base camp activities such as backpacking...

- ◇ Metal cup, bowl and spoon

WHAT TO LEAVE BEHIND

- Cigarettes, drugs, alcohol, etc...
- Knives of any kind
- Clothes with negative messages or suggestive attire (bikinis/speedos, halter tops, short shorts)
- Radios and ipods or MP3 players
- Cell phones and watches
- Game boys or other electronic toys.

New Frontiers:

3939 Old Snowhill Rd, Dowelltown, TN 37059

Phone: 615-536-5623 - Fax: 615-536-5624