



# NATIONAL SUMMER YOUTH PRACTICUM

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The following list is of strongly suggested items. Please feel free to contact us if there are other items not addressed here that you would like to bring.

### CLOTHING:

- Clothes for 7 days (Sunday, July 21 – Sunday, July 28) to wear throughout the day.
  - Sunday, July 21 and Sunday, July 28 are travel days – you can bring clothes comfortable to wear at the airport or driving.
  - Bring at least 2 pairs of shorts, 2 pairs of pants – mornings are usually chilly, afternoons can get hot
  - 1 – 2 pair(s) of pajamas, suggest 1 pair be for cold weather – It may be chilly in the rooms. There is a planned firepit one evening.
  - 1 pair of long (above ankle) socks to wear with waders (OPTIONAL).
  - For final presentations, feel free to bring business casual (khakis, nice blue jeans, button-up, polo, blouse, dress, etc.).
  - There will be no dedicated time to do laundry. There are coin-operated laundry machines at the CSU Mountain Campus and YMCA of the Rockies. NAFWS is not responsible for funding laundry or providing detergent(s).
- Sweatshirt or fleece jacket
- Close-toed shoes (comfortable, used for outdoor activities such as long walks, hikes, ropes course) or hiking boots
- Pair of flip flops or Crocs (for showers, lounging in living area)





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- Swim suite
- Hat
- 1 raincoat. We will be in the mountains, where the weather is unpredictable, and we may have some afternoon showers.
- Backpack or tote to carry items such as notebooks, binders, etc..
- A good attitude 😊

### TOILETRIES:

- Shampoo & Conditioner
- Hairbrush or Comb
- Body Soap
- Prescription Glasses, Contact Lenses & Contact Solution
- Deodorant
- Insect Repellent
- Toothbrush & Toothpaste
- Chapstick, Lip Balm
- Sunscreen
- Feminine products

### OTHER ITEMS:

- Any prescriptions if taking any. Please let Education Coordinator know of any prescriptions besides those listed on the Health Form already submitted.
- Money \$40 - \$50 for your checked luggage when traveling from Denver back home. Dependent on if student/parent decide to purchase checked luggage prior to travel day, or student purchases checked luggage at the airline counter at the airport. And for lunch or dinner travel day back home on Sunday, July 28th.





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### OPTIONAL ITEMS:

- Camera
- Sunglasses
- Personal Towel, Washcloth
- Additional Spending Money, we hope to have some free time to explore the CSU Bookstore and Downtown Estes.

### ITEMS NOT WELCOMED:

- Drugs/Alcohol
- Tobacco, Cigarettes, Cigars, Vape pens, Weed pens, etc.
- Weapons: Knives, guns, pocketknives, leathermans, etc.
- For Travel, students may have their cell phones, handheld gaming devices, iPads, Tablets, iPods but these will not be allowed in the classroom or activities. NAFWS, CSU Mountain Campus and YMCA of the Rockies are not responsible for any loss or stolen items (including clothes if student's decide to do their laundry).

All locations have beds, linens, pillows and towels. Sleeping bags or tents are not required or needed. Each locations has a working shower and toilet.

The NAFWS will provide long sleeve field shirt, water bottles, pens, pencils, and notebooks.

