

# Cleveland Metroparks Outdoor Recreation

## Participant Equipment List - For All Programs

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.

<u>Canoeing, Kayaking, Sailing &amp; Stand Up Paddleboarding (SUP)</u>	<u>Pool Sessions - Kayaking</u>	<u>Campouts</u>	<u>Fishing</u>
<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>** Dress for the water - In layers</li> <li>** Non-cotton clothing or swimsuit</li> <li>** Water shoes, sandals with straps, old tennis shoes, etc. (NO flip flops or crocs)</li> <li>** Dry change of clothes/shoes</li> <li>* Hat</li> <li>** Rain gear (jacket &amp; pants )</li> </ul> <p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>* Sunglasses (with strap)</li> <li>* Clip for water bottle</li> <li>* Dry bag</li> </ul> <p><b><u>Personal Items</u></b></p> <ul style="list-style-type: none"> <li>** Filled water bottle(s)</li> <li>* Snack(s)</li> <li>* Sunscreen / lip balm</li> <li>* Insect repellent</li> </ul> <p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>** Towel</li> <li>* Notebook and pen</li> <li>* Headlamp (Night programs)</li> </ul>	<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>** Non-cotton clothing or swimsuit</li> <li>** Water shoes, sandals with straps, old tennis shoes, etc. (NO flip flops or crocs)</li> <li>** Dry change of clothes/shoes</li> </ul> <p><b><u>Personal Items</u></b></p> <ul style="list-style-type: none"> <li>** Filled water bottle(s)</li> <li>* Snack(s)</li> </ul> <p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>** Towel</li> <li>* Notebook and pen</li> </ul>	<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>** Dress for the weather - In layers</li> <li>** Closed-toe shoes, camp shoes (NO flip flops)</li> <li>** Change of clothes</li> <li>* Hat</li> <li>** Rain gear (jacket &amp; pants )</li> </ul> <p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>* Sunglasses (with strap)</li> <li>* Headlamp / Flashlight</li> <li>** Tent</li> <li>** Sleeping bag</li> <li>** Sleeping pad</li> <li>* Camp stove</li> <li>* Cooking utensils</li> </ul> <p><b><u>Personal Items</u></b></p> <ul style="list-style-type: none"> <li>** Filled water bottle(s)/Drinks</li> <li>* Snack(s)/food</li> <li>* Sunscreen / lip balm</li> <li>* Insect repellent</li> </ul> <p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>* First Aid kit</li> </ul>	<p><b><u>Clothing</u></b></p> <ul style="list-style-type: none"> <li>** Dress for the weather - In layers</li> <li>* Non-cotton clothing</li> <li>* Dry change of clothes/shoes</li> <li>* Hat</li> <li>** Closed-toe shoes</li> <li>** Rain gear (jacket &amp; pants )</li> </ul> <p><b><u>Equipment</u></b></p> <ul style="list-style-type: none"> <li>* Sunglasses (with strap)</li> <li>* Clip for water bottle</li> </ul> <p><b><u>Personal Items</u></b></p> <ul style="list-style-type: none"> <li>** Filled water bottle(s)</li> <li>* Snack(s)</li> <li>* Sunscreen / lip balm</li> <li>* Insect repellent</li> <li>** Fishing license (ages 16 - 65)</li> </ul> <p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>** Towel</li> <li>* Multi-tool</li> <li>* Notebook and pen</li> </ul>

**\*\*\* Items for every program: Waiver, Emergency Medications if applicable (EPI-PEN, Inhaler, Benedryl, etc.)**



<u>Cross-Country Ski and Snowshoeing Programs</u>	<u>Rock Climbing</u>	<u>Outdoor Classes: GPS, Survival, Land Navigation, etc.</u>	<u>Cycling / Handcycling</u>
<p><b><u>Clothing</u></b></p> <p>** Dress for the weather - In layers</p> <p>** Non-cotton clothing</p> <p><u>1) Wicking / Base layer (suggestions)</u></p> <p>Long johns tops &amp; bottoms Wool or Synthetic Liner socks</p> <p><u>2) Warm / Middle layer (suggestions)</u></p> <p>Mid-weight pants Light weight insulating top Zip up turtle neck Fleece jacket Heavy wool socks</p> <p><u>3) Weather / Outer layer (suggestions)</u></p> <p>Wind shell / waterproof Snow pants / snowsuit Waterproof boots Winter hat Gloves / mittens (or shells w/ liners)</p> <p><b><u>Equipment</u></b></p> <p>* Sunglasses (with strap)</p> <p>* Daypack (to carry items)</p> <p><b><u>Personal Items</u></b></p> <p>* Sunscreen / lip balm</p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Thermos (hot liquid - cocoa, soup)</p> <p><b><u>Other</u></b></p> <p>* Headlamp (Night programs)</p> <p>* Notebook and pen</p>	<p><b><u>Clothing</u></b></p> <p>** Dress for the weather - In layers</p> <p>* Avoid loose clothing</p> <p>** Closed-toe shoes</p> <p>* Hat</p> <p>** Rain gear (jacket &amp; pants )</p> <p><b><u>Equipment</u></b></p> <p>* Sunglasses (with strap)</p> <p><b><u>Personal Items</u></b></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><b><u>Other</u></b></p> <p>* Notebook and pen</p> <p>* Hair ties for long hair</p>	<p><b><u>Clothing</u></b></p> <p>** Dress for the weather - In layers</p> <p>** Closed-toe shoes, boots for mud</p> <p>* Hat</p> <p>** Rain gear (jacket &amp; pants )</p> <p><b><u>Equipment</u></b></p> <p>* Sunglasses (with strap)</p> <p>* Hiking Poles</p> <p><b><u>Personal Items</u></b></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><b><u>Other</u></b></p> <p>* Notebook &amp; Pen</p>	<p><b><u>Clothing</u></b></p> <p>** Dress for the weather - In layers</p> <p>** Non-cotton clothing</p> <p>* Cycling gloves</p> <p>** Closed-toe shoes</p> <p>** Rain gear (jacket &amp; pants )</p> <p><b><u>Equipment</u></b></p> <p>** Bike (in good working order) (Provided for some programs)</p> <p>** Helmet (required)</p> <p>* Sunglasses (with strap)</p> <p>* Bike repair kit</p> <p><b><u>Personal Items</u></b></p> <p>** Filled water bottle(s)</p> <p>* Snack(s)</p> <p>* Sunscreen / lip balm</p> <p>* Insect repellent</p> <p><b><u>Other</u></b></p> <p>* Notebook and pen</p>

\*\*\* *Items for every program: Waiver, Emergency Medications if applicable (EPI-PEN, Inhaler, Benedryl, etc.)*



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If you have any questions about equipment or need to request special accommodations or adaptations for a special need, please contact us. See you soon!