

## **TEACHERS: WHAT TO BRING ON THE DAY OF THE PROGRAM**

### **Personal Items**

- Lunch
- Water bottle
- Notebook and pen
- Camera
- Any required medications

### **Team Items**

- Student medical forms and necessary medication, including epi-pens
- Photo Release Forms
- School's standard field trip materials (cell phone, forms, etc.)
- Inside Education Contact Information: Office: 1-888-421-1497
- Ensure students are prepared (lunch, clothing, water bottles)

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## **STUDENTS: WHAT TO BRING ON THE DAY OF THE PROGRAM**

- Lunch
- Comfortable clothing
- Weather appropriate outdoor clothing (some programs will have outdoor components!)
- Sturdy comfortable shoes
- Refillable water bottle (to reduce waste on the program)
- Writing utensil, notebook, camera
- Medications: inhaler, epi-pen, etc. (if applicable)

*Once delegates are on the program, all expenses are generously paid by the partner organizations.*