



CITY OF BANGOR
PARKS & RECREATION



Shaw to Peaks Camping Trip What To Bring

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|---|---|
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Bug Spray |
| <input type="checkbox"/> Backpack | <input type="checkbox"/> Bathing Suit |
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Weather Appropriate Clothing * | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Personal Hygiene Items |
| <input type="checkbox"/> Medication* | |

*This is a rain or shine event. Please be prepared with warm & cold weather clothing

*All those planning to bring prescription medication must be check in with our main office for an medication administer form. Medications will be administered by the lead trip staff