

Hello,

To best prepare for your upcoming outdoor recreation experience, here are some tips to get you started!

For *all* programs:

- **Dress for the weather-in layers**
 - Use the graphic as a guide
- **Wear closed toe shoes.**
 - **No flipflops or Crocs please**
- **Bring a filled water bottle**
- **Bring any needed emergency medicines**
 - **Rescue inhaler, epi, glucose, etc.**
- **Consider bringing the following:**
 - **Sunscreen, sunglasses, and a hat**
 - **Snacks and rain gear**
 - **A small bookbag, notebook, and pen**

For *water* programs, both indoor and outside:

- Wear a swimsuit, or non-cotton clothes that can get wet.
- Have shoes that can get wet. Consider sandals with heel straps, water shoes, or old tennis shoes. No flipflops or Crocs please.
- Bring a change of clothes and a towel as space to change is available.

Dressing in Layers - The Three W's



- **Wicking (Base)** – quick drying close to skin layer that wicks sweat off your skin. Wool, fleece, silk, and nylon are all good options.
- **Warmth (Middle)** – provides insulation and keeps you warm. Consider fleece, wool, or a thin puffy vest or jacket.
- **Weather (Outer)** – shields you from the elements like wind, rain, and snow. Think nylon, Gore-Tex, or a soft-shell jacket.

Layering helps you regulate body temperature when dressing for outdoor adventures. Layers can be put on or taken off to accommodate weather conditions and your exertion level, and most importantly, protects you from getting wet from sweating or precipitation. Choosing layers that will insulate even when wet is equally important in fighting against hypothermia. Avoid cotton, as it provides no insulating properties when wet.



For *all* programs, Cleveland Metroparks will provide all safety equipment such as helmets, harnesses, ropes, personal floatation devices, marine radios, and all other necessary equipment to have a successful program. If you have any questions, need accommodations, or want to talk to an instructor, call our office at 216-341-1704, Monday – Friday, 8:30 a.m. – 4:30 p.m. or email us at OR@clevelandmetroparks.com