



## YETI Outdoor Program

### ARQ Mountain Participant Equipment Checklist – Dec 3rd

- Medical – If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you.
- Good pack lunch with snacks.
- Day Pack – The one you use for school will work fine for this trip.
- Reusable Water Bottle (A YETI bottle will be provided for first time participants)
- Clean indoor running shoes.

### Optional Equipment

- Camera