



STRONGSTART IN THE GREAT OUTDOORS



How to be prepared



Go Gear

The following is a list of items you might want to consider bringing to StrongStart in the Great Outdoors:

- waterproof backpack
- whistle
- ziploc bag to pack out garbage
- small snack
- water bottle (filled up)
- dress for the weather - items such as layers, hats, mittens, raincoats, boots

Where to find gear

Gear can be found at any store or at second hand stores such as MCC, Salvation Army Thrift Store or the Hospital Auxiliary Thrift Store
If you need a specific item you can also try Powell River swap and shop online!



Garbage Bag Ponchos

Garbage bags can be used as rain gear. Simply cut a hole for the head in the closed end and two arm holes in either side. Check out the following link for more help!

<https://www.hefty.com/handy-hints/articles/diy-poncho-idea-how-to-make-a-trash-bag-raincoat>

Ready for new adventures at StrongStart!

We are here to support you as we explore together!

FROM THE STRONGSTART TEAM