

## What to Bring

New Vision Wilderness provides all outdoor clothing and equipment. At the day of pick-up clients should bring:

### Please bring:

- 12-15 pairs of underwear
- Toiletries (toothbrush, toothpaste, deodorant, comb/brush, feminine hygiene products)
- Towel, soap, shampoo
- Swim suit
  
- Medications (3-week supply in original labeled container)
  
- Completed Intake Packet
- Completed Medical Form
  
- 1 additional set of street clothes (jeans, sweatshirt, t-shirts, underwear, socks, shoes)

### Optional:

- disposable camera in original packaging
- book
- journal
- card games

### Don't bring:

- CD/mp3 players/video games
- cell phones
- tobacco/alcohol/drugs
- lighters/matches
- knives/weapons

## Planning Information:

### Transportation:

Pick-ups typically occur at a public place (ex. A Park & Ride or McDonalds parking lot) near the interstate highway. Our staff will attempt to select a convenient location that is within appx. 1-2 hours drive of clients home. NVW staff will contact families the week prior to the trip to finalize pick-up details. Families can plan on meeting the NVW staff either in the morning or early afternoon of the first day of the trip.

### Family Day:

The final day of the trip is scheduled as a family day. This location is where you will be picking up your son or daughter. Family day location may vary.

### Phone Calls:

During the expedition, phone contact will be made with parents about once a week. All contact will be coordinated by NVW staff. If you have any questions or concerns during the trip, please feel free to contact NVW office at 414-744-6288 or NVW Executive Director, Drew Hornbeck, at 414-526-5747, and they will be able to contact the field if necessary.

New Vision Wilderness is an adventure program! Come ready to be challenged and excited to work with and meet new people. New Vision Wilderness backpacking trips cover between 4-6 miles a day. ***So get outside and exercise prior to trip departure!***

