



4 Elements Earth Education

Teen Earth Skills Training (T.E.S.T.) Weekend

Arrival, Departure, & Packing Instructions

Questions? Call us! Rose : (510) 915-1416

We can't wait to see you at our Teen Earth Skills Training (T.E.S.T.) Weekend! Please familiarize yourself with this document to ensure the best experience possible.

Location: Joseph A. Citta Scout Reservation: 229 Brookville Rd, Barnegat, NJ 08005

Arrival: Friday, 3 pm or 4 pm

Departure:

- 1 pm on Sunday (3-day weekends) or 1pm on Monday (4-day weekends) from Citta Center.

If you require a Sunday departure from a 4-day weekend, you must contact Rose (rose@4eee.org / 510-915-1416) to schedule a special pickup from Citta Center.

Meals and Food:

- All main meals are included for the duration of the Weekend, including:

- Dinner on Friday

- Breakfast, Lunch, and Dinner on all full days in camp (Saturday, + Sundays for 4-day weekends)

- Breakfast on scheduled departure day (Sunday or Monday)

- *New for this Year* - Please bring any snacks / granola bars / hot chocolate / teas / etc. that the participant would like for the weekend, as we will not be providing these items!

- DO: Please bring a plate, bowl, utensil, mug, and water bottle for yourself.

- DON'T: No need to bring any large cookware or food prep utensils.

Equipment List:

- Tent (with rain fly and ground cloth)
- Tarp (Optional - 10ft x 8 ft or slightly larger, used for extra rain protection / shelter option)
- Paracord (Optional) to hang tarp, roughly 20 - 50 ft.

- A **warm** sleeping bag (it can get chilly at night)
- Sleeping Pad
- Cool / cold weather clothing (best to bring extra layers just in case!)
- Rain Gear
- Hat
- Two pairs of seasonally appropriate shoes
- Headlamp / Flashlight
- Bandana / Blindfold
- Water Bottle
- Small backpack / drawstring bag
- Eating Utensils: Bowl, plate, cup, spoon, fork
- Towel
- Toiletry items (biodegradable soap only please)
- Journal and writing utensil
- Bug repellent, preferably natural and non-toxic
- Non-folding carving knife (we have some to borrow or purchase if you do not have one)
- Tweezers for tick removal
- Any primitive skills projects you're working on! (bow drill / hand drill sets, natural cordage materials, flint knapping pieces, etc.)

If it cannot get dirty, do not bring it!

Cell phone use is limited to mealtimes. Service may not be available at the camping area.

If you have any questions, contact us at Rose@4eee.org or **(510) 915-1416**