



## **More Information**

**CLOTHING** - Dress for the out-of- doors. Shoes or sneakers (not sandals) are appropriate footwear. Long pants are suggested to protect against poison ivy and insect bites. All Friday sessions will be spent wading; old sneakers and shorts are more appropriate for these days. Footwear must be worn in the stream. Water sandals must have a back strap. Participants should bring rain gear if the weather looks threatening.

**WATER** - All participants should bring water. Snacks are encouraged.

**INSECT REPELLANT** - Insects are attracted to strong smelling shampoos, soaps and sweet smelling snacks. Your first line of defense should be the elimination of all strong aromas. Some repellents are extremely toxic. These repellents, on hands and skin, can be injurious to water creatures or other animals you handle.. Please be responsible in choosing insect repellents and sparing in their use.

**ETC** - Participants in the **SUMMER DAYS TOGETHER** program may want to bring a small back pack. A hat is recommended.

**REGISTRATION** - Enrollment is limited, register early to get the session of your choice. Please detach the registration form, fill it out and return it, with your check, to:

Summer Program  
Five Rivers Center  
56 Game Farm Road  
Delmar, N.Y. 12054

Your canceled check is your receipt. If the session you choose is filled, we will contact you. For questions or more information call Five Rivers: (518) 475-0291