



DATE & TIME: **Fall Session** - Saturday, October 5, 2019 – 10:45 A.M. to 4:00 P.M.
 Spring Session - Saturday, April 4, 2020 – 10:45 A.M. to 4:00 P.M.
 Rain or Shine.

LOCATION: Seton Scout Reservation, 363 Riversville Road, Greenwich, CT

SUGGESTED ITEMS TO BRING:

- Bug Spray and Sunscreen
- Weather appropriate jackets
- Sneakers/hiking boots
- Change of clothes

Be aware of the potential for ticks. Do a thorough check of your boys at the end of the day.

Lunch and Snacks to be provided, and fresh water supplied throughout the day.

SNACK – Trail Mix

- Cheerios
- Pretzels
- Dried pineapple
- Banana chips
- M&Ms
- Swedish fish

LUNCH – Quesadillas*

- Cheese, flour tortillas, salsa, chicken, beans, guacamole
- Place flour tortilla on foil and layer in ingredients
- Fold and seal foil, place on coals to melt cheese & warm other ingredients
- Chaperones to assist, including removing packet from coals

AFTERNOON SNACK - Granola bars, Clementines, Bananas

***If your child is allergic to any of these items, please provide him with his own lunch and snack. Please note that one of the workshops is a lunch segment during which healthy eating/lifestyle will be the focus. Please be guided accordingly in providing his own lunch.**

**If your child has allergies, please notify us.
A volunteer nurse will be on site.**