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**Items to bring**

The following items are mandatory:

o reusable water bottle

o pajamas

o 3 warm vests

o 2 towels

o 2 washcloths

o 5 t-shirts

o Toothbrush and toothpaste

o Coat

o 5 underwear

o 3 short pants

o Swimsuit

o 5 pairs of stockings

o Sneakers

o 2 jeans or jogging suits

o Sunscreen and insecticide

o Sleeping bag

o Pillow

o Biodegradable soap

o Biodegradable shampoo

o Flashlight

o Waterproof set and boots

\* NO electronic object (ipod, iphone, ipad, mp3 ...)

\* NO weapon or food