

You're invited to the

11<sup>th</sup> annual



youth conference!!!

July 29 - Aug 2, 2009

in Northern New England

**Rooted in Community (RIC)** is a national grassroots network that empowers young people to take leadership in their own communities.

please root into the network!

<https://lists.riseup.net/www/info/ric>

[www.rootedincommunity.org](http://www.rootedincommunity.org)

# Introduction to the Rooted in Community National Network

The Rooted In Community National Network (RIC) is a national grassroots network that empowers young people to take leadership in their own communities. We are a diverse movement of youth and adults working together and committed to fostering healthy communities and food justice through urban and rural agriculture, community gardening, food security, and related environmental justice work.

RIC has evolved into a network of groups seeking (1) to increase their knowledge and skills for doing this work; (2) to increase public awareness of this work and (3) most importantly, to foster and promote leadership in young people working in their own communities.

Over 75 organizations from around the U.S. have participated in the RIC national network since its founding in 1998. RIC has strengthened the leadership skills of hundreds of youth and adult community organizers by co-sponsoring intensive national trainings, action days, and networking opportunities.

## About the 2009 RIC Conference

This year's conference returns to New England, where the first RIC conference was held. Although New England is mostly known for bad accents and gross winters, it has also been highlighted as the home to many innovative nutrition, urban agriculture, and food security projects. Through the creative collaboration of adult and youth leaders from Cultivating Community, Local Sprouts Cooperative, Lots to Gardens, and The Food Project this year's conference will be packed with a diversity of rich activity.

Look forward to:

- **field trips** to local youth gardens and food security projects in Maine and Massachusetts
- youth-led **workshops**
- urban **biking**
- playing at the **beach** in South Portland
- **cooking, cleaning** and **sharing meals**
- staying in **dorms** at Southern Maine Community College
- **growth, inspiration, and fun!!!**

We invite your dedicated youth and a supervisor to contribute their energy to the experience. We hope your group can offer an empowering workshop to share with our peer network. Feel free to bring program materials to share too!

## Conference Fees (please note **deadlines**)\*\*

**Early Registration: June 15, 2009 Youth: \$150 Adult: \$200**

**Regular Registration: June 30, 2009 Youth: \$200 Adult: \$250**

**Late Registration: July 17, 2009 Youth: \$250 Adult: \$300**

\*\*Rates include a discount/scholarship for all participants. No additional discounts are available. Fees include housing, food and conference activities. Local youth are expected to participate and pay in full.

*Payment must be received with registration. Registration fees CANNOT be paid at the conference.*

✍ Please make checks payable to **Earth Island Institute**, with "2009 Rooted in Community Conference" on the memo line.

*~Tentative RIC 2009 Schedule~*

WED. 29 <sup>th</sup>	THURS 30 <sup>th</sup>	FRI. 31 <sup>st</sup>	SAT. 1 <sup>st</sup>	SUN. 2 <sup>nd</sup>
XXXXXX	7-8 am Breakfast	6:30-8 am Cooking block 8-9 am Breakfast	7-8 am Breakfast	6:30-8 am Cooking block 8-9 am Breakfast
XXXXX	8 am Board buses for Lewiston 9 am – 1 pm – Activities at various sites managed by Lots to Gardens (wear clothes that can get dirty!) Cooking block for non-bike riding youth	9-10:30 and 10:30-12:00  Youth led workshop sessions in SMCC classrooms & kitchen - have different options in each block of time.	8 am Board Buses for Food Project Sites (wear clothes that can get dirty!... and bring a bathing suit)  AM: – Group 1: Ipswich – Group 2: Lincoln	9:00 – 12:00 pm Closing activity  12:00 pm hugging and crying – saying good bye
XXXXXX	1-2:00 pm lunch as a group	10:30-12:00 Cooking Block 12-1:00 pm lunch	12-1:00 pm lunch	XXXXXX
2:00-6:00 Afternoon arrival & registration	2 pm – 3:15 pm – Intentional reflection with home group 3:15 – 4:15 pm Free time in Lewiston - swimming - basket ball - skateboarding - tour of downtown gardens - donating bikes to local youth serving agencies - and more! 4:30 pm Board Buses for Portland	1-4:00 pm Trip to Cultivating Community sites (wear clothes the can get dirty)  4:00-6:00 pm Enjoy the Rocky Maine Coast – swim in the Atlantic (if you dare)!	PM: – Group 1: Lincoln – Group 2: Lincoln  Both Groups will participate in working the land, workshops and extracurricular activities... may include swimming	XXXXXX

<b>5:00-6:30 pm</b> Cooking block	<b>5:30-6:30 pm</b> Cooking block	<b>5:00-6:30 pm</b> Free Time & Cooking block	<b>4:00-5:30 pm</b> Cooking block	XXXXXX
<b>6:30-7:30 pm</b> Dinner at SMCC	<b>6:30-7:30 pm</b> Dinner at SMCC	<b>6:30-7:30 pm</b> Dinner at SMCC	<b>5:30-6:30 pm</b> Dinner on the Lincoln Farm	XXXXXX
<b>7:00-7:45</b> Cleaning Block	<b>7:00-8:00 pm</b> Cleaning block	<b>7:00-8:00 pm</b> Cleaning block	<b>6:00-7:00 pm</b> Cleaning block & set up for dance party and other evening activities!	XXXXXX
<b>7:45-10:00 pm</b> Introduction to hosts, ground rules, and icebreakers  <b>10:00 pm</b> Adult breakout session – at least 1 adult from each group should participate	<b>8:00-10:00 pm</b> Evening Workshops - silk screening - performance poetry - media in organizing - and more!!!	<b>8:00-9:00 pm</b> Intentional reflection with home group  <b>9:00-10:00 pm</b> Free time	<b>7:00-9:30 pm Party at the Lincoln Farm</b> – youth open mic, dance party, fun!  <b>9:30 pm</b> Board buses to go back to SMCC	XXXXXX

## **REGISTRATION PACKET CHECK-LIST**

**Due with payment by May 15<sup>th</sup> for early registration, June 19<sup>th</sup> for regular registration, and July 17<sup>th</sup> for late registration:**

- Registration Form
- Organization Information Form
- Signed Code of Conduct (one for each group member including the chaperone)

**Due June 29<sup>th</sup>:**

- Workshop Proposal Form (all groups encouraged to send one!)
- Recipes for dishes your group would like to eat during the conference (we can't guarantee all recipes will be used, but we will try our best)
- Preferences for cooking or cleaning slot for each group member (every group member will be assigned one cooking or cleaning slot during the conference)
- Signed Medical and Liability Waiver (signed and completed by each participant/guardian)
- Signed Photo Release Form (signed and completed by each participant/ guardian)

**Rooted in Community  
2009 National Conference  
July 29<sup>th</sup> – August 2<sup>nd</sup>, 2009  
Northern New England: Maine & Massachusetts**

**REGISTRATION FORM**

Name of Organization:					
Mailing Address:					
E-mail address:					
Telephone number:			Fax:		
<b><i>You may register 1 adult for every 3 youth per organization (currently no limit to the number of youth, but the 3:1 ratio must be maintained)</i></b>					
Names of adult advisors:					
1.		2.			
Names and Ages of young leaders:					
1:		4.			
2.		5.			
3.		6.			
Dietary allergies or restrictions:					
What would your group be excited to eat during the conference? (feel free to attach recipes)					
T-shirts (1/person, specify number of each size):					
	S	M	L	XL	XLL
<p>CONFERENCE FEES AND REGISTRATION PROCESS (please note <b>deadlines</b>)**</p> <p><b>Early Registration: June 15, 2009      Youth: \$150    Adult: \$200</b></p> <p><b>Regular Registration: June 30, 2009    Youth: \$200    Adult: \$250</b></p> <p><b>Late Registration: July 17, 2009      Youth: \$250    Adult: \$300</b></p> <p>**Rates include a discount/scholarship for all participants. No additional discounts are available. Fees include housing, food and conference activities.</p> <p><i>Payment must be received with registration. Registration fees CANNOT be paid at the conference.</i></p> <p><input checked="" type="checkbox"/> Please make checks payable to <b>Earth Island Institute</b>, with "2009 Rooted in Community Conference" on the memo line.</p> <p>Also, please complete, sign and return the RIC Code of Conduct form, medical and liability waiver, photo release, and Organization Information Form with your registration packet (Word files on RIC Conference registration page).</p> <p style="padding-left: 40px;">Please send your registration, payment and signed Code of Conduct to the following address:  RIC c/o Hank Herrera  840 55<sup>th</sup> Street #5  Oakland, CA 94608  FAX: 510-444-4819</p> <p>If you would like to propose a conference workshop, please complete the workshop application form (Word file on RIC Conference registration page).</p>					

## **ORGANIZATION INFORMATION FORM**

**Organization Name:**

**Contact person:**

**Address:**

**Other contact information (phone and email):**

**Can we add you to the RIC website/RIC listserv?**

**1. What is your organization's Mission?**

**2. Please describe your main youth/food programs:**

**3. How many youth do you hire? What age are these youth?**

**4. How many hours/week do your youth work?**

**5. Do you pay youth or give other incentives? Please describe.**

**6. How are you annually funded?**

**7. What challenges have you faced in programming and youth development?**

**8. How do you envision your participation in RIC? What would you like gain from joining the national network? What do you feel your organization can offer the network?**



# Rooted in Community Conference

July 29 – August 2, 2009

Northern New England: Maine & Massachusetts

## CODE OF CONDUCT

The following are the policies put in place for participants in the 2009 Rooted in Community National Conference. Please take a look at the RIC Policy Procedures (Attached) for detailed instruction regarding the following:

- The conference is an alcohol-free and drug-free event. Possession or use of alcoholic beverages or illegal drugs is prohibited. This includes the grounds and streets surrounding the conference site. In addition, a group with a participant exhibiting public intoxication must leave the conference.
- Possession of sexually explicit materials is prohibited. In addition, public access computers at the conference site may not be used to download, create, receive, forward, or transmit inappropriate, offensive, or sexually explicit communications.
- Smoking or using other tobacco products is prohibited in all buildings, meeting rooms, and guest's rooms. Smoking is permitted in designated outdoor areas only.
- Fireworks are prohibited.
- Lighting of candles or incense is prohibited in all buildings, meeting rooms, and guest rooms.
- No pets or animals are allowed, except for trained guide dogs.
- Shirts and shoes are required inside all buildings at all times.
- Guests must respect personal public property and **follow all additional rules of campus dorms**. Repair costs of damages incurred to property will be billed to the group responsible for such damages.
- There will be no "organized" programs or activities after 10:00 p.m. during the conference. Everyone is asked to be in their own room by 10:00 pm and to refrain from making noises that will disrupt others. The conference curfew is 11:00 pm., which means each person needs to be in their own room and on their way to bed.
- Vending and selling merchandise is prohibited in public areas and to others outside your own group membership.
- Before or during checkout, each participant or his/her group must pay for all incidental charges.
- To protect the safety of conference participants, no fraternization is allowed in participant's lodging rooms. Any participant who has a complaint regarding fraternization should contact his or her adult group leader.
- Each participant must submit an up-to-date medical form and emergency contact information. Adult chaperones are responsible for having this information on hand for their designated youth for the duration of the conference.
- Adult chaperones are responsible for reporting any incidents involving their youth to Committee members.

**ADULT CHAPERONES AND GROUP LEADERS ARE RESPONSIBLE FOR ENFORCING THE RULES AS STATED. VIOLATORS MAY BE ASKED TO LEAVE AND BE SENT HOME AT THEIR OWN EXPENSE. THESE RULES ARE NOT SUBJECT TO INTERPRETATION AND EACH GROUP IS EXPECTED TO FOLLOW THEM WITHOUT EXCEPTION. OUR PRIMARY CONSIDERATION IS TO PROVIDE A SAFE, SECURE ENVIRONMENT FOR ALL OUR CONFERENCE PARTICIPANTS.**

I have read and understand the above Code of Conduct and will inform all group participants of its contents.

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Signature

Date

***Please have each youth and adult sign and return a copy of this Code of Conduct with your completed registration forms.***

**Rooted in Community**  
**2009 National Conference**  
**July 29<sup>th</sup> – August 2<sup>nd</sup>, 2009**  
**Northern New England: Maine & Massachusetts**

**Code of Conduct Procedures**

*Goal: To create a safe space where participants will be able to participate and share themselves fully in the hopes of creating lasting positive social change in the food systems movement.*

**Before Conference**

- Organizations will receive this registration packet, which outlines the guidelines everyone is expected to follow during RIC. Contracts must be signed and submitted before the beginning of the conference. You may bring these documents with you when you arrive, but we encourage you to fill and mail/fax these documents as soon as possible – this helps our staff make sure everyone's paperwork is in order.
- Staff and supervisors representing youth from each organization (at least one) will be required to participate in a conference call outlining and explaining the guidelines in full that everyone will be expected to follow during RIC – approximately 1 hour. There will also be a half hour allotment of time to ask questions or voice concerns from participants for those who wish to do so. If changes are to be made for any of these Conference Policies, the RIC planning council will do so after the conference call and follow up with email to update everyone on new changes prior to attending RIC. This conference call is scheduled for **Friday, June 26<sup>th</sup> from 2:30-3:30 pm EST**. We will send information about the call-in number as the date approaches.

**During Conference**

- Please see attached document for the list of the guidelines that everyone is expected to follow during RIC.
- There will be a designated Committee of youth and adults that will ensure that these policies are followed for the duration of this conference. In your welcome packet that you will receive when you check in, a list of those on that committee will be available for you with phone numbers included in the event that you have questions or need support.
- Committee members will introduce themselves during the orientation to RIC and will explain their roles for the conference to everyone in attendance.
- Organizations will also have a designated check in time with their own members they have in attendance to give refreshers of RIC Policies and to ensure their own during each day.
- Committee members will check in with all organizations during the conference to ensure that support is granted where needed and that policies continue to be followed by each organization for the duration of this conference.
  - In the event that an organization violates these agreed upon policies, a representative of that organization will meet with Committee members to determine what steps need to be taken to address these concerns for present and for future participation in RIC Conferences. Serious violations of these agreed upon policies (as determined by Committee members) may jeopardize that organization's current and future participation in RIC.

**After Conference**

- If it is found out that an organization has violated these agreed upon policies after the conference has been completed, representatives of that organizations will be required to participate in a phone conference with Committee members to determine what steps need to be taken to address these concerns for future participation in RIC conferences.
- RIC is a fairly new conference that will be piloting various policies and structures to create a safe space for all participants. In order to make sure that this structure continues to become better for future RIC conferences, we require all organizations to submit a positives and deltas form specifically regarding these policies and structures. Everyone has valuable input and we believe that having the input from such a diverse group of participants will only make RIC stronger and quite possible a lead model for other conferences around the country.

# Rooted in Community Conference

July 29<sup>rd</sup> – August 2<sup>nd</sup>, 2009

Northern New England: Maine & Massachusetts

## WORKSHOP PROPOSAL

The RIC Conference focuses on sharing our passion, knowledge and skills. Our goal is to provide guidance and inspiration to communities working to build local food system self-reliance. Here are some suggested topics:

**Nutrition/Health/Healing**  
**Community Food Security/ Sustainable Food Systems**  
**Food and Culture**  
**Gardening Methods**  
**Environmental Justice**  
**Food Politics/Industrialization**  
**Community Organizing**  
**Leadership Training**  
**Youth Enterprise Projects**  
**Inspiring others to action and social change**

Activities that *we* can do to bring local fresh, nutritious and affordable food into our neighborhoods, towns and villages.

Please keep in mind that the workshops should be...

**YOUTH-LED  
HANDS-ON**

**ENGAGING  
EMPOWERING**

**CREATIVE  
FUN!**

Plan your workshop to be **75 minutes** in length and try to incorporate hands-on- aspect or other sensory involvement (i.e. movement, writing)

Workshop proposals are due emailed (preferably) to [ariel.rosenberg@gmail.com](mailto:ariel.rosenberg@gmail.com) or postmarked to

Ari Rosenberg  
Lots to Gardens  
P.O. Box 7291  
Lewiston, Maine 04243  
by Monday, June 29, 2009

Title of Workshop:

Workshop Category:

Description (what will you do? what will people learn?):

Presenters: (Names and Ages)

Materials needed for your presentation

*Please try to keep presentations as low-tech as possible.*

Easel  
Flipcharts  
Markers  
Overhead projector  
Power Point projector  
Other \_\_\_\_\_

How much space does this workshop require?

How many people can your workshop accommodate?

Presenter Bios:

Please use this space to tell us about your presenters. Attach an additional page if necessary.

PRESENTER NAME:  
BRIEF BIO SKETCH

PRESENTER NAME:  
BRIEF BIO SKETCH

PRESENTER NAME:  
BRIEF BIO SKETCH

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**Cooking & Cleaning Preferences!**

This year we're hoping to have youth more involved in every aspect of the conference, this includes helping us decide what we should eat and helping prepare (and clean up after) our meals.

As you can see in the Tentative Schedule (pages 3-4) there are a number of cooking and cleaning slots. We're asking every conference participant (adults & youth) to help at least once. We're also asking that groups try to split up so you can have the opportunity to meet new people while you're cooking or cleaning. Although we cannot guarantee that everyone will get their first preference, we're hoping to be accommodating.

Please have everyone in your group fill out the following:

Name:

Do you prefer cooking or cleaning?

Do you prefer helping with breakfast, lunch or dinner?

Are there any days during the conference you cannot help cook or clean?

Can you ride a bike?

Name:

Do you prefer cooking or cleaning?

Do you prefer helping with breakfast, lunch or dinner?

Are there any days during the conference you cannot help cook or clean?

Can you ride a bike?

Name:

Do you prefer cooking or cleaning?

Do you prefer helping with breakfast, lunch or dinner?

Are there any days during the conference you cannot help cook or clean?

Can you ride a bike?

Name:

Do you prefer cooking or cleaning?

Do you prefer helping with breakfast, lunch or dinner?

Are there any days during the conference you cannot help cook or clean?

Can you ride a bike?



# Rooted in Community

## Liability and Medical Release From Rooted In Community National Conference, July-Aug 2009

I hereby give approval for \_\_\_\_\_ (Youth Name) to participate in all activities associated with the RIC National Conference, including a conference in Northern New England (Maine & Massachusetts), July 29 – August 2, 2009. I assume all risks and hazards related to participation in the program, including transportation.

In the event, \_\_\_\_\_ (Youth Name), a minor, becomes ill or sustains an injury while in attendance at the Rooted In Community National Conference; I give my permission to administer first aid to my child. If I, (the parent or legal guardian), cannot be contacted immediately in the event of an emergency, I authorize the adult supervisors and RIC staff and volunteers to consent to emergency hospital care for my child. Should any illness or accident occur to him or her, I will not hold liable the representatives of the Rooted In Community staff and volunteers, Cultivating Community staff and volunteers, Local Sprouts Cooperative staff and volunteers, Lots to Gardens / St. Mary's Health System staff and volunteers, The Food Project staff and volunteers or my child's sponsoring organization staff and volunteers. I assume full responsibility for all related medical costs.

Youth's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Social Security Number (Optional-Recommended): \_\_\_\_\_

Youth's Address: \_\_\_\_\_

City/Country/Zip: \_\_\_\_\_

Parent or Legal Guardian's Name: \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Eve \_\_\_\_\_ Cell \_\_\_\_\_

Health Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Any special health concerns, allergies to medication etc.? \_\_\_\_\_

Please list any medication the student is currently taking. \_\_\_\_\_

In case of an emergency if I cannot be reached, please notify:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Eve \_\_\_\_\_ Cell \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Eve \_\_\_\_\_ Cell \_\_\_\_\_

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



# Rooted in Community

## Photo Release Form Rooted In Community National Conference July-Aug 2009

During the course of the RIC 2009 National Conference, July 29 – August 2, 2009, photographic and video images of participants are often taken by staff, youth and others. These are sometimes then used in non-commercial materials to tell the story of the program, or to make reports to funders, etc. This form gives you (youth of legal age) or adult parents or guardians the option to give or deny permission to use those photos for non-commercial purposes, as outlined below.

\_\_\_\_ Yes, I give the Rooted In Community staff and volunteers, Cultivating Community staff and volunteers, Local Sprouts Cooperative staff and volunteers, Lots to Gardens / St. Mary's Health System staff and volunteers, and The Food Project staff and volunteers the right to copyright and/or publish, reproduce, or otherwise use my child's name, voice, and likeness and/or written material, photographs, and audiovisual recordings about or by my child for instruction, art advertising, program website, publications or brochures, or any other lawful purpose. I hereby agree to relinquish all rights, title and interest I may have in the finished product and waive all rights to any compensation thereof.

\_\_\_\_ No, I would prefer that my/my child's image not be used.

Youth's Name: \_\_\_\_\_

Youth's Address: \_\_\_\_\_

City/Country/Zip: \_\_\_\_\_

Parent or Legal Guardian's Name: \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Eve \_\_\_\_\_ Cell \_\_\_\_\_

\_\_\_\_\_  
**Signature of Parent/Guardian or Youth Over 18 Years Old**

\_\_\_\_\_  
**Date**

# TRAVEL INFORMATION

## Rooted in Community 2009

The conference officially begins Wednesday, July 29<sup>th</sup> at 6:00 pm at Southern Maine Community College and ends Sunday, August 2<sup>nd</sup> at noon. Please try to be present for the entire conference.

### 1. Travel by car(pool) or van:

Southern Maine Community College is providing **FREE** parking passes for anyone who needs them. You can pick them up when you arrive at Registration.

Direction from I-95:

- Take exit 45. Coming off the exit, proceed straight (1.7 miles) to Route 1 (Main Street) in South Portland. Turn left onto Route 1 North.
- At 4th set of lights, bear right toward Route 77 South.
- Proceed straight on Broadway (~2 miles) and take right at the 2nd light to continue on Broadway.
- Proceed approximately 1 mile on Broadway.
- At SMCC sign, turn right into parking lot.

### 2. Travel by Amtrak (train) or Concord Coach Lines bus:

Amtrak & Concord Coach Lines buses come in and out of the Portland Transportation Center. From the Transportation Center you can take public transit to SMCC.

SMCC is located on Rt #1 Willard Square & Rt #3 Crosstown – be sure to look at the South Portland Bus Service, not the METRO.

Bus Fair: One-way is \$1.25 (exact change is needed)  
A ten-ride pass is \$11  
Student rates are \$1.00 (with ID)

Unfortunately public buses do not run on Sundays! – Taxis are available and are relatively affordable.

For more info on Amtrak: [www.amtrak.com](http://www.amtrak.com)

For more info on Concord Coach Lines: <http://www.concordcoachlines.com/>

For more info on South Portland buses: <http://www.southportland.org/vertical/Sites/%7B7A5A2430-7EB6-4AF7-AAA3-59DBDCFA30F2%7D/uploads/%7B35A2F548-9DD6-4EAD-819B-605A64540119%7D.PDF>

### 3. Greyhound Bus Travel

The Greyhound Station is NOT at the Portland Transportation Center. To get from the Greyhound Station to SMCC you will need to take a METRO bus to Monument Square and transfer to a South Portland bus. Transfers are FREE, you just have to request it!

Take METRO Rt. #1 (inbound) to Monument Square. At Monument Square transfer to South Portland Bus Service Rt. #1 - Willard Square to SMCC.

Bus Fair: One-way is \$1.25 (exact change is needed)  
A ten-ride pass is \$11  
Student rates are \$1.00 (with ID)

Unfortunately public buses do not run on Sundays! – We may be able to help with transportation back to the bus/train station or you can take a taxi.

For more info on Greyhound: [www.greyhound.com](http://www.greyhound.com)

For more info on METRO: <http://www.gpmetrobus.com/>

For more info on South Portland buses: <http://www.southportland.org/vertical/Sites/%7B7A5A2430-7EB6-4AF7-AAA3-59DBDCFA30F2%7D/uploads/%7B35A2F548-9DD6-4EAD-819B-605A64540119%7D.PDF>

#### **4. Air Travel**

The Conference is in close proximity to Portland Jetport and is relatively close to Boston's Logan airport. If you are flying into Boston you can take a Concord Coach Lines bus directly from Logan airport to Portland. See 2, above, for information on how to get from the bus station to SMCC.

If you fly into Portland you will need to catch the #5 METRO Bus from the airport. Take the #5 Bus to the Portland Transportation Center then transfer to a South Portland Bus – directions in 2 above. Transfers are FREE, you just have to request it!

# PACKING LIST

The following is a list of recommended items. Keep in mind that Maine has sporadic weather – it can be warm one minute and cold and rainy the next. Bring layers!!

## Clothing:

\_\_\_Shorts: 2 Pairs (1 for outside work and 1 for workshops/less physical stuff)

\_\_\_Pants: 2-3 Pairs (1 for working and 1 for evening activities)

\_\_\_T-Shirts: 2-3 short sleeve and 2 long-sleeve (1 for sun cover)

\_\_\_Shoes: At least one good pair for walking and working outside, we're also going to the beach so sandals may be appropriate.

\_\_\_Warm Layers: Jacket and/or sweatshirt for cool nights

\_\_\_Pajamas

\_\_\_Swim Suit

\_\_\_Socks: 3-4 pairs

\_\_\_Hat (for sun protection)

\_\_\_Underwear

\_\_\_Rain Jacket (though we will wish for sunny days, we can't make any promises)

## Personal Items:

\_\_\_Toiletries (including shampoo, soap, tooth paste, tooth brush and hair brush)

\_\_\_Sunscreen

\_\_\_Medication

## Additional Items (optional):

\_\_\_Journal

\_\_\_Workshop Materials

\_\_\_Reading Book

\_\_\_Camera with cord (so we can get copies of the photos for our slide show)

## Items to consider leaving at home:

Anything Valuable (i.e. electronics, IPOD, jewelry)