

HAWAII CSM TRAININGS:

Hawaii Weather:

- Generally mild, though unpredictable
- Normally it can be both hot and sunny, and sometimes rainy
- 69–85°F in March
- It can be cool at night and in the early morning

WHAT TO BRING:

- Notebook/ Folder/ pen
- Day Pack
- Water Bottle
- Sun Hat, Sun Block, Sunglasses
- Flashlight or headlamp (very important!)
- Light raincoat/windbreaker
- Clothes (long and short sleeves,)
- Sneakers or hiking shoes, sandals, socks etc
- Sweatshirt or light jacket
- Swimsuit
- Toiletries
- Prescription Meds (if needed)
- WATER SHOES FOR GETTING IN THE WATER (due to volcanic rocks by the shorelines)
- **NOTE:** We will be going up to visit TUTU PELE during our program. Since we will be at higher elevation and staying into the early evening, it can be cooler up there. Make sure you have warm layers and a hat.
- **Optional to Bring:**
- Camera, musical instruments, sacred tools, crystals
- Laptop (we supply Wi-Fi)
- art supplies- colored markers or pencils and paper
- Walking Sticks

Helpful Information re: Hawai'i Ocean Recreation:

- <https://www.youtube.com/watch?v=DYjKYyVRvJU&feature=youtu.be>

What *Not* to Bring

- Bedsheets or bath towels (provided)
- NO Drugs, vaping, alcoholic beverages or cigarettes