

## What do I need for my personal care & comfort throughout the training?

Because temperatures may vary, it is suggested that students wear/bring layers of clothing so that you may adjust to your own level of comfort.

- On Days 2, 3 & 4 of the training, for one hour each day, we will be working with parents and their babies. It is important to dress consciously - Casual yet conservative.

- H2O! - Hydration is so important to maintaining energy, focus and basic function. Bring plenty of fluids with you. Water is suggested, and keep drinking!

- Snacks - These may be helpful in keeping energy up: nuts, dried fruits, fresh fruits, trails mixes, health bars, etc&hellip;It is important to keep yourself nourished while we spend our energy these four days.

- Meals &ndash; We will have 1-hour to 90 minutes for lunch. Lunch will not be provided for the students; therefore, you are responsible for bringing your own lunch or visiting a restaurant in the training area.