

T HE LEGEND OF KNOWS HILL

A journey for the soul.

Preparation

for 'The Journey'

- Dress appropriately** - be prepared for weather changes, bring extra layers of clothing, rain gear, (if needed) gloves, scarf, etc.
- Sturdy shoes** - to walk up and down the terrain of Nose Hill.
- Walkman** - to listen to audio tape of music for the journey.
- Snacks / water**
- Knapsack** -
- Camera** (optional) Chris will be taking pictures along the journey.
- Insect repellent** (optional)

enjoy!