



PACKING LIST

Luggage:

- ◇ Large duffel bag or trunk
- ◇ Daypack (for water bottle, camera, jacket...)

Outerwear:

- ◇ Rain jacket, waterproof and breathable
- ◇ Sweatshirt or light jacket

Footwear:

- ◇ Camp shoes such as tennis shoes
- ◇ Day hiking boots
- ◇ Sandals for creek hike (no flip flops)

Camp Clothing:

- ◇ 2-3 pairs of comfortable clothes that will be stored in trunk or duffel bag during trips

Adventure Clothing:

- ◇ 2-3 pairs of shorts
- ◇ 1-2 pairs of pants
- ◇ 1-2 long sleeve shirts
- ◇ 2-3 t-shirts
- ◇ 6-7 pairs of underwear
- ◇ 4-5 pairs of socks
- ◇ Swimsuit (one-piece)
- ◇ Sun hat and/or bandana

Other Gear:

- ◇ Bible, journal, pen
- ◇ Dirty clothes bag
- ◇ Spare batteries

Sleeping:

- ◇ Sleeping bag
- ◇ Stuff sack for sleeping bag
- ◇ Sleeping pad

Camping Gear:

- ◇ 2 one-quart water bottles and/or hydration systems
 - ◇ Flashlight or headlamp
 - ◇ Sunglasses and retainer strap
 - ◇ Insect repellent
 - ◇ Sun block and lip balm
 - ◇ Toiletries (soap, shampoo, toothbrush/toothpaste, etc.)
 - ◇ Towels
 - ◇ Washcloth(s)
- ### Trip Specific Gear:
- ◇ Spoon
 - ◇ Plastic bowl
 - ◇ Dry bag for kayaking (optional)

Optional Items:

- ◇ Camera
- ◇ Musical instrument
- ◇ Pocket knife (no sheath knives)

Medication:

- ◇ **Prescription medications:** Please follow directions on medication form. Do not bring over-the-counter medications.

Note: Pack a separate bag with one pair of clothes to wear home!
This bag needs to fit in your duffel bag.

DO NOT BRING

CELL PHONE, RADIO, CD/MP3/DVD PLAYER, TOBACCO,
ALCOHOL, DRUGS, FIREWORKS, CELL PHONES, FIREARMS, PETS,
VIDEO GAMES, WATER GUNS, CELL PHONES, EXPENSIVE CLOTHES AND
SHOES, OR OTHER VALUABLE PERSONAL ITEMS...DID WE MENTION CELL PHONES?