



## Adventure Camp Packing List

Space will be at a minimum so pack accordingly, less weight is better. Any items from the "What not to bring" list will be confiscated immediately and returned to parents at the end of the week.

### **Campers must bring:**

- Clearly labeled medications if bringing prescriptions. **Unless absolutely necessary, please do not bring non-prescription items.**
- Deodorant and tooth brush
- Paper, pen and/or pencil
- Sleeping bag - be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing barrel for the canoe trip.
- Flashlight or headlamp (check batteries)
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- 1 or 2 plastic garbage bags (these serve many purposes)
- Personal items you know you will need
- Hat for protection from the sun
- Small towel and washcloth
- Old tennis shoes or sturdy pair of sandals to be worn in the canoe and while swimming
- A second pair of shoes to be kept dry
- Swimsuit
- 1 pair of long pants
- 2 pairs of shorts
- Underwear
- Socks (2-4 pairs)
- 2 T-shirts
- Hooded sweatshirt or something comparable for warmth
- Rain gear, top and bottom (top is most important)
- Your own drinking mug or cup
- Your own unbreakable plate and eating utensils
- Half roll of toilet paper (stored in Ziploc bag)
- Pillow case or a very small pillow

### **Optional Items:**

- Sunglasses
- Camera
- Chap Stick
- Fishing pole & small tackle box
- Warm hat
- Light gloves
- Small Bible

### **What NOT to bring:**

- CD or MP3 players, iPods
- Cell phones
- Electronic games
- Illegal drugs
- Alcohol
- Tobacco products
- Fireworks
- Knives
- Firearms

### **Provided items:**

- Tents
- Sleeping pads
- Cooking equipment
- Food
- Camping gear
- Waterproof packing barrel
- First aid
- Certified lifeguards

### **Keep in mind:**

Everything you need will be carried in a waterproof plastic barrel, with about as much space as a large backpack. In addition to your personal gear, you will be expected to carry some of your own food in a small stuff sack. Your sleeping bag should fit into a stuff sack approximately 9" X 20". You may rent a bag for \$10 per trip but you will still need to bring a bag of your own for the first and last nights of camp.

### **Shoes:**

At no time will you be permitted to be bare-footed. Sandals with Velcro straps will come off very easily when in the river so shoes should have buckles if you intend to wear them while canoeing.