



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 (9" x 20" or smaller)
- Flashlight or headlamp (check batteries)
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- Small Bottle of Hand Sanitizer
- 2 plastic garbage bags (these serve many purposes)
- Personal items you know you will need
- Hat for protection from the sun
- Towel and washcloth
- Old tennis shoes, aqua sox, or a pair of "teva" style sandals that can be strapped to your feet while swimming and in the canoe
- 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 bring your own sleeping bag or rent one for \$10.

Shoes:

At no time will you be permitted to be barefooted. 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.