



Packing List

Please pack SMALL and LIGHT

What to wear to camp

- Comfortable sneakers/hiking shoes
- Comfortable athletic clothing
- Sunglasses

Day Programs – Every day, all Programs

Day backpack containing:

- Lunch
- Water ***
- Snacks
- Sun Hat
- Rain Jacket
- Pair of shoes for water (Chacos, Tevas, Etc. - no flip flops)
- Bathing suit
- Small pack or camp towel
- Warm fleece or synthetic top
- Sunscreen
- Insect repellent

Programs with Overnights (1 or 2 overnights)

- Day backpack [see above] and...

Small/Medium Overnight bag (stays with vehicle) containing:

- Lunch for departure day ***
- Flashlight/Headlamp
- Warm hat
- Warm gloves
- Warm long pants
- 1 pairs of shorts
- 1 T-Shirts
- 2 changes of underwear
- 2 pairs warm socks (synthetic recommended)
- Bowl, cup, spoon & fork (metal or reusable plastic)
- Insulated cup for hot drinks
- Synthetic or down sleeping bag (no cotton)
- Sleeping pad
- Toiletries, travel size bottles and biodegradable soap

Trip Programs [Additional items for 2+ overnights]

Medium/Large Overnight bag (stays with vehicle) containing:

- Extra pairs warm long pants
- Extra pairs of shorts
- Extra T-Shirts - one long sleeve
- Extra changes of underwear
- Extra pair of long underwear, top and bottom
- Extra pairs warm socks (synthetic recommended)

Packing List for Water/Boating Days

Check your itinerary

- Towel
- Extra change of clothes, warm clothes
- Swimsuit/swim shorts/quick drying bottoms (i.e. nylon)
- Insulating layers; polypropylene, wool, rash guard/surf type clothes, *please no cotton unless it is hot*
- Rain gear, pants and jacket if you have it, *especially if the weather is chilly*
- Water shoes, *no flip-flops or crocs on rivers*
- Carabineer on water bottles for river days

Additional Items for Biking Specific Programs

- Bike
- Bike Helmet
- Synthetic bike jersey or short sleeve shirt
- Biking gloves
- Bike shorts with pads suggested
- Camelback or small day pack with water bottle/ internal hydration system

Optional

Camera, journal, pencils, sketchbook, reading book, etc

Please remember to label everything!
NO ELECTRONIC DEVICES!