



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 & returned to parents at the end of the week.

Campers must bring:

- Clearly labeled medications if bringing prescriptions.
Unless absolutely necessary, do not bring non-prescription items.
- Compact Sleeping Bag (9" x 20" or smaller)
- Small pillow
- Flashlight or headlamp (with fresh batteries)
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- Hat for protection from the sun
- Small bottle of hand sanitizer
- 2 plastic garbage bags
- Towel and wash cloth
- Pen and/or pencil
- Buckle-on water sandals, water shoes, or aqua sox to wear while canoeing & swimming in river
- Second pair of shoes to be kept dry to wear in camp & required for the High Ropes Course
- Swimsuit
- 1 sweatshirt or fleece
- 1 pair of long pants
- 3 pairs of shorts
- Underwear
- 2-4 pairs of socks
- 5 T-shirts
- Rain Coat (good quality)
- Your own unbreakable plate and eating utensils
- Personal items you know you will need
- Extra set of clothes for last night at camp & trip home. This will be kept in your luggage & stored in a safe place while you are on your trip.

Optional items:

- Fishing pole & small tackle box (Recommended!)
- Mosquito head net
- Sunglasses
- Camera
- Chap Stick
- Small Bible

Items available to rent:

- Compact Sleeping Bag - \$10
- Thermarest Sleeping Mat - \$10
- Bag/Mat Combo - \$15
- Crazy Creek Chair - \$5

Items available to purchase:

- Compact Sleeping Bag Purchase - \$35
- Compact Pillow Purchase - \$10
- Sunglass Strap Purchase - \$5
- Mosquito Head Net - \$5

Provided items:

- Food
- First Aid
- Tents
- Foam sleeping pads
- Cooking equipment
- Camping gear
- Waterproof packing barrel

What NOT to bring:

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

Each camper will receive:

- A Camp T-shirt
- A Camp Water Bottle

Shoes:

At no time will you be permitted to be barefooted. Sandals with Velcro straps will come off of your foot very easily when in the river and should have buckles if you intend to wear them while canoeing, including while swimming in the river.

IMPORTANT:

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 from the camp.