

Adventure Kayaking Packing List

Participants in Adventure Camps should pack in a large duffel bag or backpack. The items on this list cover everything that will be needed for all components of your program. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum. Please mark all of your belongings with your first and last name.

All Adventure Kayaking Participants should pack:

- Sleeping Bag & Stuff Sack
 - Synthetic & rated to 20 or 30 degrees & must stuff to a small size that can be easily carried
- Long Underwear top and bottom
 - **Do not bring cotton!** It will not keep you warm when wet. Polypropylene is the best fabric for warmth and comfort.
- 1 Day pack
 - This should be a school book size backpack
 - It should be large enough to hold rain gear, extra clothes, sunblock, water bottle, and lunch
- 1 rain jacket/pants combination
 - **Ponchos cannot be used on kayaking trips for safety reasons.**
- Teva style sandals or old gym shoes
 - These will be worn in the boat and in the water every day
- 2 Water bottles (**32 oz. Nalgene bottles are best**)
- 1 fleece jacket or wool sweater
- 1 light weight fleece shirt/jacket
- 1 pair sweatpants or fleece pants
- 2 pairs long pants (jeans, etc.)
- 2 pairs shorts
- 1 pair tennis shoes
- 3 pairs socks
- 6 pairs underwear
- 2 long sleeve shirts
- 4 t-shirts (no sleeveless, tube or tank tops; wicking/quick dry preferred)
- Winter stocking cap
- Baseball hat
- Swimming suit
- Towel & wash cloth
- Small flashlight or headlamp
- Sunscreen, chapstick, insect repellent
- Toiletries (toothbrush/paste, etc.)
- Lightweight gloves
- Sunglasses with a retainer strap; retainer strap for eyeglasses

Optional Items:

- Camera (inexpensive)
- Paper, envelopes, and stamps; journal/book/musical instrument
- Sleeping Pad (CCO can supply one)
- Crazy Creek camp chair
- Small pillow (airplane size)

DO NOT BRING the following items:

- Drugs, alcohol or tobacco **Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home immediately at the parent/guardian expense.*
- Knives or guns
- Expensive items not required for the trip
- Radios, cell phones, mp3 Players, iPods, or electronic games
- Spending money (except campers arriving by plane)