

ADVENTURE RAFTING 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 RAFTING PARTICIPANTS SHOULD PACK:

- Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)
 - Why? This is in line with our infectious disease protocol
- Sleeping bag & stuff sack (CCO can supply one)
 - Synthetic & rated to 20 or 30 degrees *must stuff to a small size that can be easily carried
- Sleeping pad (CCO can supply one)
- Long underwear top and bottom
 - No 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, sunscreen, water bottle, and lunch
- Rain jacket/pants combination
 - Ponchos cannot be worn on rafting trips for safety reasons
- Sandals with heel strap or old gym shoes no flip flops
 - These will be worn in the boat while rafting and will get wet
- 2 water bottles (32 oz. Nalgene bottles are best)
- 1 fleece jacket or wool sweater
- 1 lightweight fleece shirt/jacket
- 1 pair sweatpants or fleece pants
- 2 pairs long pants (hiking, 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)
- 2 Bandanas
- Warm winter hat
- Baseball hat
- Swimming suit
- Towel & wash cloth
- Small flashlight or headlamp, extra batteries
- Sunscreen, Chapstick, insect repellent
- Toiletries (toothbrush/paste, etc.)
- Lightweight gloves
- Sunglasses with a retainer strap; retainer strap for eyeglasses

Optional Items:

- Camera (inexpensive, labeled with name)
- Paper, pen, envelopes, and stamps; journal/book/musical instrument
- "Crazy Creek" or small camp chair
- Small pillow (airplane size)

DO NOT BRING

- 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 early, without refund, at the parent/guardian's expense)
- Knives, guns, or any weapons
- Expensive items
- Personal sports equipment/gear
- Cell phones, tablets, smart watches, or other electronics (except for campers arriving by plane) *Items will be stored in CCO office during your session
- Spending money (except campers arriving by plane)