

# 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

1 rain jacket/pants combination

- **Ponchos cannot be used on rafting trips for safety reasons**

Sandals with heel strap or old gym shoes **no flip flops**

- These will be worn in the boat and in the water every day and will get wet

2 Water bottles (**32 oz. bottles are best**)

2 Bandanas

1 fleece jacket or wool sweater

Warm winter hat

1 light weight fleece shirt/jacket

Baseball hat

1 pair sweatpants or fleece pants

Swimming suit

2 pairs long pants (hiking, jeans, etc.)

Towel & wash cloth

2 pairs shorts

Small flashlight or headlamp, extra batteries

1 pair tennis shoes

Sunscreen, Chapstick, insect repellent

3 pairs socks

Toiletries (toothbrush/paste, etc.)

6 pairs underwear

Lightweight gloves

2 long sleeve shirts

Sunglasses with a retainer strap; retainer strap for eyeglasses

4 t-shirts (no sleeveless, tube or tank tops; wicking/quick dry preferred)

## **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 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's expense.*
- Knives or guns
- Expensive items not required for the trip
- Cell phones (**except campers arriving by plane**), tablets, smart watches, or other electronics *\*items will be stored in CCO office during your session*
- Spending money (**except campers arriving by plane**)