

# Packing List

Our primary activity will take place in water, but we need to be prepared for it all, from camping to water sports. Please read the list below and be sure to bring everything listed. If you have any concerns about the items you are bringing please check with one of the physical educators to ensure what you have is sufficient. (Yes, physically bring the item in to be evaluated). Please pack in a large duffel or backpack.

***\*\*Remember electronics such as iPods, cell phones, and computers are not allowed on the trip.***

Large duffel or backpack to pack in

## Head:

Wool or fleece hat (ski hat)

Hat with brim

## Tops:

1 Cotton t-shirt

Synthetic/wool t-shirt or long sleeve

Wool sweater, pile jacket or down/fiberfill jacket

Waterproof shell or raincoat

Sweatshirt

## Bottoms:

1-2 pairs shorts

Underwear 2-3

Lightweight shell bottoms

Swimsuit/Towel

Sweat pants

## Feet:

Closed toed shoes- Either lightweight hike or running shoes

2-3 pairs Wool or polypro socks

Tevas/Chaco's/flip flops (something to wear while rafting/floating)

## Sleeping Gear

Sleeping bag (3-season/rated 0-20 degrees) down or synthetic filled only with stuff sack

Sleeping pad: If you bring a thermarest consider a patch kit

Pillow (optional) You can also take the stuff sack for your sleeping bag and stuff it with all of your extra clothes to make a pillow

**Eating, Drinking, and Living:**

- Bagged lunch and snack food for Thursday and Friday
- Reusable lunch sack and sandwich containers (this prevents food from getting wet in the coolers)
- Personal regular spoon, fork, plate, and bowl. If the plate and bowl are plastic please make sure they are sturdy. Metal is best as it is sturdy and won't break.
- Metal mug (for hot and cold drinks)
- Lightweight flashlight or headlamp
- Sunglasses (with retainers, if you have a pair)
- Sunscreen
- Chapstick (with SPF)
- Personal toiletries: pack light!!! (e.g. brush/comb, face wash WIPES, deodorant, toothbrush, toothpaste)
- Any personal medications (make sure we are aware of the medication too)
- Water bottle (two 32oz bottles are recommended)-Make sure they do not leak
- Bandana (optional)
- Camera and AR book (optional)

\*\*\*Dry bags will be available for our rafting stretch on Thursday. You may bring your own, if you wish.