

# SPRING FAMILY WEEKEND ADVENTURE GEAR LIST

## PACK NECESSITIES

- Daypack (book bag)
- Sleeping Bag
- Pillow (optional)
- Sunglasses
- Sunscreen
- Insect Repellent
- Poncho or Rain Suit
- Canteen/Water Bottle
- Whistle
- Flashlight
- Extra Batteries

## CLOTHING

- Light-weight Hiking Boots
- Tennis Shoe
- Socks, cotton (2 pair)
- Socks, wool (1 pair)
- Pants or Jeans (1 pair)
- Shorts (1 pair)
- Shirt, long sleeve (1)
- T-shirts (2)
- Underwear (3 pair)
- Hat (synthetic or wool)
- Windbreaker (rain jacket can double for this)
- Bandana

## COOKING UTENSILS

- Eating Utensils
- Plastic Cup
- Plastic Bowl and/or plate

## BATH ARTICLES

- Bath Towel (1)
- Wash Cloth (1)
- Soap & Soap Box
- Toothbrush & Toothpaste
- Shampoo
- Deodorant

## FOR WHITEWATER RAFTING (This includes the Parents!)

- Water shoes
- Swimsuit
- Quick Dry Shirt

## NOTES:

1. All clothing and personal effects should be labeled.
2. Jewelry, valuable watches and radios should be left at home.
3. All knives must be left at home.
4. Please do not bring food for this course.