

Florida Keys Adventure Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our General Gear Guide in your CampInTouch account. All items are required unless otherwise noted.

CLOTHING

- 4 pair shorts (quick dry – not cotton or jeans)
- Plastic cup, bowl and plate
- 4 t-Shirts (quick dry – not cotton)
- Eating utensils
- 3 long-sleeve sun shirts
- 3-4 swimsuits
- 2 pair compression shorts (to prevent chafing)
- 1 pair quick dry long pants (mandatory)
- 5 pair socks
- 1 pair tennis shoes/sneakers
- 1 pair “Croc” or Chaco style sandals (Campers should break in sandals before the course. They will cause blisters in the sand if feet are not used to them.)
- 1 pair Flip Flops (shower shoes)
- 8 pairs of underwear
- Wide-brimmed hat (for sun protection)
- 2 sets sleepwear
- Swim Shirt / Rash Guard (3-4 recommended)
- Rain jacket (Quality rain gear is essential. Please consult your local outdoor retailer with questions.)

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PERSONAL NEEDS

- Toothbrush & toothpaste
- Shampoo/conditioner
- Deodorant
- Sleeping pad (packable)
- Soap/soapbox
- Wet Wipes
- Flip-top bottle of hand sanitizer (no pump or spray)

- Powder Gold bond (highly recommended)
- Prescription medications (if applicable)
- Deet insect repellent

- 16 oz. **Reef Safe** Sunscreen (non-spray, waterproof, minimum SPF 50)

GEAR

- Duffle bag (all items on this list should fit inside duffel and/or DayPack)
- Day pack (book bag/school backpack)
- Sheet (no sleeping bag)
- Headlamp with extra batteries
- 2 bath towels & 1 beach towel
- 2 quart-size water bottles
- 1 washcloth
- 1 box of Ziploc freezer bags (gallon size)
- Pillow (camping size)/pillowcase
- Sunglasses-polarized
- Diving mask, Snorkel, Diving Fins (SOAR is not able to provide snorkel equipment due to covid therefore campers must provide their own.)

OPTIONAL ITEMS

- Camera (Digital cameras are OK to bring, but be aware that there is a risk of damage while on course for which SOAR is not responsible.)
- Binoculars
- Pen and paper

NOTES:

1. All clothing and personal items must be labeled!
2. Do not bring jewelry, Smart watches, IPods, video games, cell phones, etc. Don't bring a knife (other than a table knife).
3. Participants will have an opportunity to do laundry once on the course.