Gear Checklist

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Provided by WSE:

- ☑ PFD (personal floatation device/life jacket)
- ☑ tent
- ☑ eating utensils
- ☑ food
- ☑ 1 large dry bag for personal clothing & gear
- ☑ 1 small dry bag for day use items

Personal Gear Checklist

All of your personal gear must fit into a 100 liter bag; a good estimate of this volume is to see if your things will fit into a tall (100 liter) black trash bag.

Camping Gear

- ☐ sleeping bag (synthetic material, **NOT** cotton)
- ☐ small flashlight or headlamp (bring extra batteries)

Clothing

- ☐ 1-2 modest bathing suits
- ☐ 4 short sleeve t-shirts
- ☐ 2-3 pairs of shorts (fast drying synthetic, **NOT** cotton)
- ☐ 1 pair long pants for camp
- ☐ 1 pair hiking boots or shoes
- ☐ 1 pair river shoes/sandals (must securely hold to feet, **NOT** flip flops)
- ☐ 1 pair socks for camp and hiking (these will stay dry)
- ☐ 1 pair wool or fleece river socks (these will get wet)
- ☐ 1 jacket or sweater (wool or fleece)
- ☐ 1 light rain jacket or poncho
- ☐ 1 broad brimmed hat for sun protection (**NO** visors)

Other Essentials

- ☐ 2 bottles sunscreen (spray type recommended)
- ☐ 1 small bar of soap in ziplock bag
- ☐ 1 small container of biodegradable shampoo (Example: Dr. Bronners)
- ☐ personal hygiene or feminine items
- ☐ lip balm
- ☐ toothbrush & small toothpaste
- ☐ 1 small towel for drying after swimming or bathing
- ☐ 1 quart water bottle (Can use Gatorade bottle with your name on it)
- ☐ extra pair of prescription eye glasses or contacts (if needed)
- ☐ TWO weeks supply of any medications (separate into 2 ziplock bags – one for personal dry bag and one for trip medic)

Optional (brought at your own risk)

- ☐ musical instrument
- ☐ camera equipment

Do NOT Bring

- ☐ drugs or alcohol – There will be **ZERO** tolerance!
- ☐ bad attitudes – Be happy & lend a helping hand around camp.
- ☐ electronic devices – Take a break from technology and see how great it can be.
- ☐ anything that you do not want to get wet