

**CAVE / WHITEWATER RAFTING
PACKING LIST**

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once. Please pack in no more than one large or two small duffel or similar bags.

- CLOTHING:**
- ___ (1) Nylon windbreaker
 - ___ (2) Long pants, one lightweight (nylon wind pants work well)
 - ___ (5) Shorts
 - ___ (1) Fleece sweater or other that has moisture wicking ability
 - ___ (1) Caving outfit – long sleeve shirt and long pants, both will get extremely muddy
 - ___ (1) Set of long underwear (we suggest polypropylene or capilene)
 - ___ (6) Socks, cotton
 - ___ (2) Pairs wool socks
 - ___ (1) Swim suit
 - ___ (6) Underwear
 - ___ (7) Shirts, one long sleeve
 - ___ (1) Raingear, rain suit is preferred over a poncho
 - ___ (1) Hat (sun protection)
- FOOTWEAR:**
- ___ (1) Pair camp shoes (to wear in camp)
 - ___ (1) River shoes, must fasten securely to foot (river sandals or old athletic shoes will work)
 - ___ (1) Cave Shoes or boots, will get very muddy and wet
- TOILETRIES:**
- ___ Toothbrush/paste
 - ___ Shampoo and Soap with soap box
 - ___ Deodorant
 - ___ Comb/Brush
 - ___ Feminine hygiene supply
- OTHER:**
- ___ Laundry bag
 - ___ Book to read
 - ___ Notebook (4 x 6) for journal, pen/pencil
 - ___ Pocket knife (no sheath knives)
 - ___ Spoon
 - ___ Bowl
 - ___ Flashlight w/ extra batteries (small)
 - ___ Insect repellent
 - ___ (2) Towels
 - ___ (2) Bandannas
 - ___ Daypack or book bag
- OPTIONAL:**
- ___ Bible
 - ___ Camera, film
 - ___ Stationary, stamps
 - ___ Sunglasses (with a retainer strap)

Revised 3/17/03