

ROCK CLIMBING/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) 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) Climbing Shoes (running shoes work well)
- TOILETRIES:**
- ___ Toothbrush/paste
 - ___ Shampoo and Soap with soap box
 - ___ Deodorant
 - ___ Comb/Brush
 - ___ Feminine hygiene supply
- OTHER:**
- ___ Laundry bag
 - ___ Book bag or day pack
 - ___ Book to read
 - ___ Notebook (4 x 6) for journal, pen/pencil
 - ___ Pocket knife (no sheath knives)
 - ___ Spoon
 - ___ Bowl
 - ___ Water Bottle
 - ___ 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 3/17/06