

PARENT & CHILD PACKING LIST

Please adjust according to your itinerary. All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

- CLOTHING:** ___ Nylon windbreaker
 ___ Long pants, one lightweight (nylon wind pants work well)
 ___ Shorts
 ___ Fleece sweater or other that has moisture wicking ability
 ___ Set of long underwear (we suggest polypropylene or capilene)
 ___ Socks, cotton
 ___ Wool or synthetic socks
 ___ Sock liners (backpacking and hiking)
 ___ Underwear
 ___ Shirts
 ___ Raingear, rain suit
 ___ Hat
- FOOTWEAR:** ___ Pair camp shoes
- 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
 ___ **Bring a spoon**
 ___ **Bowl**
 ___ **Water Bottle**
 ___ Flashlight w/ extra batteries (small)
 ___ Insect repellent (no aerosol)
 ___ Towels
 ___ Bandannas
 ___ Large Ziplock bags (used to keep close dry during backpacking)
 ___ Large garbage bags (used to keep clothes and sleeping bag dry)
- OPTIONAL:** ___ Bible
 ___ Camera, film
 ___ Stationary, stamps
 ___ Sunglasses
 ___ Pillow
- CONSULT YOUR ITINERARY FOR ITEMS NEEDED BELOW:**
- CAVING:** ___ Long sleeve shirt and pants for caving (will get muddy)
 ___ Pair of old boots or tennis shoes (will get muddy)
- CANOEING/
RAFTING:** ___ Old shoes for canoeing, **must** fasten securely (will get wet)
 ___ Swimsuits
- CLIMBING:** ___ Hiking boots or tennis shoes
- HIKING OR
BACKPACKING:** ___ Hiking boots, lightweight
 ___ Pairs sock liners
 ___ Wool socks