

## **Equipment List**

*We have many of these items at our office for you to borrow. Our intention is that parents do not need to spend money on items that you might not use again. Dressing in layers will help ensure comfort. GCY will provide sleeping bags, tents, and sleeping pads.*

- **River shoes:** One pair of sport sandals with a thick sole and heel strap such as Tevas or Chacos.
- **Hiking shoes:** One pair of lightweight boots or athletic shoes with good traction on dirt and rock. Make sure they are already well worn in.
- **Two water bottles:** You need at least 2 quarts. A gallon orange juice container works well. Camelbacks are okay as long as you bring a spare water bottle.
- **Backpack:** School-sized backpack to carry items that you will want with you during the day.
- **Two carabineers:** This metal clip lets you attach your backpack and water bottle to the boat. You can find them at outdoor shops. Small ones are OK, but it needs to be bigger than a fun size Milky Way Bar.
- **Sun hat:** Preferably one with a large brim and a strap to keep from losing it in the wind. Bring a hat that you will wear. Wearing a hat during the day is required!
- **Rain gear:** You'll need a rain jacket. Rain pants are optional (ponchos don't work on the river).
- **Fleece Jacket:** Bring 1
- **Socks:** For hiking and warmth. Bring 2 pairs.
- **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts and swim trunks work well. Bring 2 pair.
- **Bathing suits (girls):** *Be appropriate;* tying elements on swimsuits are not comfortable or recommended. Dark-colored, fast-drying sports bras work well as a bathing suit top. Bring 2.
- **Long-sleeved, lightweight, cotton shirts:** These are ideal for sun protection. Think men's dress shirt. They are easily found at a thrift store. Bring 2. Wearing a shirt is required.
- **Lightweight cotton pants/ sarong:** These are ideal for sun protection and cooling off on hot summer days. Hospital scrub bottoms work well. Bring 1.
- **T-shirt:** You wear these primarily at camp. Bring 1.
- **Underwear:** 3 pairs
- **Bandana:** To wet and tie around your neck, wear under your hat to keep cool or as a washcloth.
- **Waterproof (disposable) camera(s)**
- **Sunglasses**
- **Eyeglasses** (if you wear them). If you wear contact lenses, bring an extra set.
- **Retention device** for your sunglasses and/or eyeglasses so you don't lose them in the river. These are sometimes called "Chums" or "Croakies."
- **Personal toiletries:** Including a toothbrush, toothpaste, body soap, shampoo, leave-in conditioner, feminine products (tampons with cardboard applicators or O.B. tampons are suggested). Choose travel-size and biodegradable products when available (such as Dr. Bronner's soap).
- **Personal medications- YOUTH MUST BRING TWO SETS OF PRESCRIBED MEDICATIONS. YOUTH MUST BE ABLE TO SELF ADMINSTER ALL MEDICATIONS.**
- **Sunscreen:** A minimum of 15 SPF is required.
- **Lip balm**
- **Lotion** (8-16 oz) A jar of lotion with a screw lid leaks the least.
- **Travel size insect repellent**
- **Ziploc bags:** Two or three 1-gallon for storage. Also bring a couple of plastic grocery bags for dirty clothes and shoes.
- **Small flashlight or headlamp:** Pack it with a new set of batteries and they should last the entire trip.