

Arrive Wearing

- ◆ **Athletic shoes:** One pair of lightweight running/P.E. shoes with good traction on dirt and rock. Make sure they are already well worn in. Skate shoes and nice sneakers are not recommended.
- ◆ **Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. (Bring 2-3 extra pairs and pack it in your backpack.)
- ◆ **Bathing suits (for girls):** Be appropriate. Tying swimsuits will be uncomfortable. Dark-colored sports bras are recommended. (Bring 2-3 extras and pack it in your backpack.)
- ◆ **Sun shirts:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think men's dress shirts. Wearing shirts is required. (Bring 2-3 extras and pack it in your backpack.)
- ◆ **Sun hat:** With a large brim and strap to keep from losing it in the wind. Wearing a hat is highly recommended.
- ◆ **Sunglasses and/or Eyeglasses**
- ◆ **Retention device:** A small strap for your sunglasses or eyeglasses so you do not lose them in the river. Sometimes called "Chums"/"Croakies."

Backpack (sturdy and with a waist strap/buckle)

- ◆ **River shoes:** One pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- ◆ **Socks:** For hiking and warmth. Bring 2-3 pairs.
- ◆ **T-shirt:** You wear this at camp. Bring 1-2.
- ◆ **Underwear:** 5-6 pairs
- ◆ **Small flashlight or headlamp:** Pack it with a new set of batteries.
- ◆ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, leave-in conditioner, feminine products (tampons with non-plastic or no applicators are suggested). Choose travel-size and biodegradable products when available.
- ◆ **Lotion and / or petroleum jelly:** (8-16 oz.) It's dry out there! Jars of lotion with screw lids leak least.
- ◆ **Pillowcase:** There is no room for a pillow in your bag. You can stuff clothes into a pillowcase to create a substitute.
- ◆ **Plastic bags:** Optional. These can be useful to separate dirty and clean clothes in your camp bag.
- ◆ **Two water bottles:** Nalgene-type screw top plastic bottles. You need at least 2 liters. Camelbacks or other hydration packs are okay as long as you also bring a spare water bottle.
- ◆ **Two carabineers:** These metal clips let you attach your backpack and water bottle to the boat. You can find them at outdoor shops. They should be at least 3 inches long; non-climbing carabineers are perfect!
- ◆ **Rain gear:** You will need a rain jacket (no ponchos). Rain pants are also recommended.
- ◆ **Lightweight fleece jacket:** Bring 1
- ◆ **Sarong / lightweight cotton pants:** Ideal for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well. Bring 1.
- ◆ **Bandana:** To wet and tie around your neck, wear under your hat to keep cool, or as a washcloth.
- ◆ **Waterproof disposable cameras:** Optional. Bringing large or expensive cameras is not recommended.
- ◆ **Eyeglasses:** If needed. If you wear contact lenses, bring an extra set of contacts and back-up glasses just in case.
- ◆ **Sunscreen:** Bring enough for your entire program! At least an 8 oz bottle.
- ◆ **Lip balm / Chapstick**
- ◆ **Personal medication**

