



## Packing for Your GCY Program Middle School Adventure

### How to Pack

You need two bags for this expedition. All of your personal items should be packed into a **trash bag or soft gym bag**, labeled with your name. This will be your "camp bag." GCY provides a waterproof "dry bag" to pack your camp bag into when you get to the river. Space is limited, pack as lightly as possible!

Your second bag is a **small school-sized backpack**, or "day pack." Pack this with what you need during the day. Keep in mind that things in the backpack will probably get wet.



**Left:** Your "camp bag" with personal items will be packed into a dry bag, then rolled and buckled to ensure contents stay dry

**Right:** A sturdy school backpack works perfectly as a "day pack"

*\*Bags are not to scale*

### GCY Will Provide...

A Personal Flotation Device (PFD) and dry bag containing a sleeping bag, sleeping pad, and ground tarp. There are also tents available, although most nights groups will sleep out under the stars! Other gear coming along for the trip includes boats, a full kitchen, a wilderness bathroom ("groover"), all food and snacks, fresh water, and a kit full of games, books, and art supplies.

### Borrowing from GCY

GCY has many items available to borrow at our warehouse, including river shoes and rain jackets. Please check with us before purchasing any items! We understand that kids grow quickly, and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request certain items, or stop by the GCY office and try on things for yourself.

### Do Not Bring

If you do not see an item on the Equipment List, it is because **we have intentionally left it off**. Avoid bringing heavy clothing, towels, jeans, nice shoes, or leather boots. GCY expeditions are intentionally technology free, so please do not bring any electronics (cell phones, mp3 players, gaming devices). Remember anything you bring may get lost or ruined! Leave behind all money, wallets, and other valuables (watches, jewelry, favorite clothes, etc.). GCY will provide plenty of snacks, so **leave all food and drinks** at home as well.

### Medications

**Please bring TWO SETS of any necessary or prescription medications** (inhalers, Epi pens, daily medications, etc.). One set will stay with you and the other will go with your Trip Coordinator as backup. **YOUTH MUST BE ABLE TO MANAGE AND ADMINISTER THEIR OWN MEDICATIONS.** GCY provides extensive first-aid kits for this expedition. You do not need to bring any over-the-counter medications or first-aid supplies.

# Equipment List

## Arrive Wearing

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- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. (Bring 1-2 extra, pack in camp bag)
- Bathing suit tops** (if needed): No tying swimsuits, dark-colored sports bras recommended. (Bring 1-2 extra, pack in camp bag)
- Sun shirts:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think men's dress shirts. Wearing shirts is required. (Bring 1 extra, pack in camp bag)
- Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- Sunglasses**
- Retention device:** Small strap for your sunglasses or eyeglasses so you don't lose them, such as Chums or Croakies.

## Camp Bag (trash bag or small duffel, will pack into dry bag)

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- Athletic shoes:** 1 pair of running/P.E. shoes with good traction. Should be well worn in. Skate shoes and nice sneakers are not recommended.
- Socks:** Bring 2 pairs.
- Underwear:** Bring 3-4 pairs.
- Pajamas:** Bring 1 set of a t-shirt and light weight pants or shorts to sleep in.
- Headlamp or small flashlight:** Pack it with a new set of batteries.
- Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, conditioner, feminine products (tampons with non-plastic or no applicators are suggested). Choose travel-size and biodegradable products when available.
- Lotion or petroleum jelly:** Bring 8–16 oz. Jars of with screw lids leak the 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) Like from the grocery store. These can be used to separate dirty and clean clothes in your camp bag.

## Day Pack (small backpack)

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- Water bottles:** 2 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.
- Carabiners:** 2 metal clips that let you attach your backpack and water bottle to boats. Find them at outdoor shops. They should be at least 3 inches long, and do not need to be climbing grade or locking.
- Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- Lightweight fleece jacket:** Bring 1
- Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- Bandana:** Bring 1 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 and back-up glasses, just in case.
- Sunscreen:** At least a 6 oz. bottle.
- Lip balm / Chapstick**
- Personal medications:** Bring 2 sets!