

Packing for Your GCY Expedition

7-11 Days

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 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 a dry bag containing a sleeping bag, sleeping pad, and ground tarp. Tents are available, but most groups will sleep out under the stars! Other gear coming along includes boats, a full kitchen, a wilderness bathroom ("groover"), all food and snacks, drinking water, and a kit of games, books, and art supplies.

Borrowing from GCY

Please check with GCY before purchasing any items: we have many items available to borrow at our warehouse, including river shoes and rain gear. We know that kids grow quickly and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request items, or stop by GCY to try things on.

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, gaming devices, etc.). Anything you bring may get lost or ruined! Also leave behind all money, wallets, and other valuables. GCY will provide plenty of snacks, so **leave all food and drinks** at home as well.

Medications

Please bring TWO SETS of any 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**, unless otherwise agreed or documented in medication communication plan with collaborating organizations. GCY staff does not administer medication except in the event of specified emergencies, or where a participant requests reasonable assistance in self-administration of medications.

Packing List

Arrive Wearing

- ❑ **River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Texas, 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 2 extra, pack in camp bag)
- ❑ **Bathing suit tops** (if needed): No tying swimsuits, dark-colored sports bras recommended. (Bring 2 extra, pack in camp bag)
- ❑ **Sun shirts / Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. (Bring 2 extra, pack in camp bag)
- ❑ **Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- ❑ **Sunglasses**
- ❑ **Retention device:** Strap for your sunglasses or eyeglasses so you don't lose them, like Chums or Croakies.

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

- ❑ **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 2-3 pairs.
- ❑ **Underwear:** Bring 5-6 pairs.
- ❑ **Pajamas:** Bring 1-2 sets of a t-shirt and lightweight 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, period care 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 with screw lids leak the least.
- ❑ **Pillowcase/Small Travel Pillow:** There is no room for a regular pillow in your bag. We recommend stuffing extra clothes into a pillowcase to create a substitute.
- ❑ **Plastic bags:** (optional) These can separate dirty and clean clothes in your camp bag.

Day Pack (small backpack)

- ❑ **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, under your hat to keep cool, or as a washcloth.
- ❑ **Waterproof disposable cameras:** (optional) Large or expensive cameras are not recommended.
- ❑ **Eyeglasses:** If needed. If you wear contacts, 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!

For cold weather Expeditions – with low temperatures 55°F and under

- ❑ **Extra Fleece Jacket:** Bring 2 total, 1 for your day pack (listed above), and 1 for your camp bag.
- ❑ **Warm Layers:** Bring 1-2 sets. Synthetic (not cotton) base-layers or long underwear.
- ❑ **Warm Hat:** Bring 1, beanie or knit hat.
- ❑ **Lightweight gloves:** Bring 1 pair.
- ❑ **Warm Pants:** Bring 1 pair, sweatpants work well.
- ❑ **Warm Socks:** Bring 1 pair, wool or thick socks to sleep in.

2022 COVID-19 Prepared Packing List

In addition to following the COVID-19 Health Agreement before your expedition, please come prepared to help mitigate the potential for transmission while on expedition. Please update GCY with any changes to your medical information, bring the following items along with you, and be ready to be an active participant in the collective health of your expedition!

How to Pack

Please keep your COVID-19 preparedness supplies in your **day-pack**. Follow [CDC recommendations](#) for clean and dirty face covering storage, and washing cloth/reusable masks throughout your expedition.

GCY Will Provide...

Additional COVID-19 mitigation supplies, including sanitization and testing materials. Please reach out to us with any questions regarding on-expedition mitigation efforts at expeditions@gcyouth.org, or visit our [FAQs on our website](#).

- Negative COVID-19 test or completed vaccination card** (For Multi-Day Expeditions Only)
 - Please email your records to expeditions@gcyouth.org before arriving for your expedition. Bring a copy as back-up.
- Well-Fitting Masks:** cloth and/or disposable that fit your face well. Please follow [CDC guidelines](#) regarding fit and [other recommendations](#).
 - For shorter expeditions (1-4 day), please bring enough masks to have a clean option each day.
 - For longer expeditions (5+days), time will be available to wash cloth/reusable masks. We recommend bringing enough masks to have a clean option each day for the first half of your trip.

| Expedition Length | Masks |
|-------------------|-------|
| 1 Day | 2 |
| 2-4 Days | 4 |
| 5+ Days | 6 |



- Ziplock bags:** bring 2. Keep your clean masks in one. Use the other to store dirty/wet masks before proper disposal or washing.
- Biodegradable/Castile soap (travel size)** (For Multi-Day Expeditions Only): for washing cloth masks.