

# Packing for Your GCY Expedition

7-11 Days

## How to Pack

GCY recommends packing into two bags - your first bag should be a **backpack that will** have everything in it that you will need for the day- keep in mind, whatever goes in here might get wet. Your second bag should be a **trash bag or soft gym bag** - this will have all of your overnight items in it. Your second bag will go inside of a waterproof dry bag (see photo below) which is why we recommend having a bag that easily fits inside of something like our drybag. Space is limited, so try to pack as lightly as possible!



***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, first aid kits, 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 Tevas, Chacos, or Keens.
- Quick-dry shorts:** (not cotton!). Athletic shorts, swim trunks, or leggings. (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)
- Sports Bra (if appropriate):** We recommend a sports bra instead of a swim suit top for comfort. If you choose to bring a swimsuit, please do not bring one that ties in the back. (Bring 2-3 extra, pack in camp bag)
- Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- Sunglasses with Retention device** we recommend Chums or Croakies (required for prescription eyeglasses)

## 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.
- Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- Lightweight fleece jacket:** Bring 1
- 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 locking - they do not need to be climbing grade.
- Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- Eyeglasses:** If needed. If you wear contacts, bring an extra set and back-up glasses, just in case.
- Bandana:** Bring 1-2 to wet and tie around your neck, under your hat to keep cool, or as a washcloth.
- 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.

## Optional:

- Journal and writing tool**
- Waterproof disposable cameras:** Large or expensive cameras are not recommended.