

Packing for Your GCY Expedition

4-6 Days

How to Pack

You need two bags for this expedition. All of your personal items should be packed into a **plastic trash/yard waste bag, pillow case 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, first aid supplies, 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, 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 Packing 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 unless you have discussed the topic with GCY due to food allergies/intolerances, please **leave all food and drinks** at home as well.

Packing List

Medications

- ★ **Please bring TWO SETS of any prescription or critical medications** (inhalers, Epi-pens, daily medications, etc.). One set will stay with you and the other will be stored with your Trip Coordinator as backup.
 - **Youth must be able to manage and administer their own medications** unless otherwise agreed or documented in the 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.

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:** 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)
- Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. (Bring 1 extra, pack in camp bag)
- Sports Bra (if appropriate):** We recommend a sports bra instead of a swimsuit top for comfort. If you choose to bring a swimsuit, please do NOT bring one that ties in the back. (Bring 1-2 extra, pack in camp bag)
- Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- Sunglasses and retention device:** Strap for your sunglasses or eyeglasses so you don't lose them. We recommend Chums or Croakies. MUST have for prescription eyeglasses.

Camp Bag (trash bag, pillow case 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 pairs.
- Underwear:** Bring 3-4 pairs.
- Pajamas:** Bring 1 set 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:** Skin can get very dry in the river environment. Bring 8–16 oz.
- 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. Camelbaks 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 should be 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.
- Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or as a washcloth.
- Eyeglasses:** If needed. If you wear contacts, bring an extra set and backup glasses, just in case.
- Sunscreen:** At least a 6 oz. bottle.
- Lip balm/Chapstick**
- Bug Spray**
- Additional Personal medications:** over the counter medications or supplements as needed

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

- Extra Fleece Jacket:** Bring 2 total, 1 for your day pack, and 1 for your camp bag (listed above).
- 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 pen or pencil**
- Waterproof disposable cameras:** (optional) Large or expensive cameras are not recommended.