

# Packing for Your GCY Expedition

7-9 Days

## How to Pack: Space is limited, pack as lightly as possible!

You need two bags for this expedition. All of your personal items should be packed into a **plastic trash/yard bag, pillow case, or soft gym bag**, labeled with your name. This will be your "camp bag." GCY provides a waterproof dry bag or "blueberry" to pack your camp bag into when you get to the river.

Your second bag is a **small school-sized backpack**, or "day pack." Please avoid rigid packs designed for electronics. You will receive a smaller dry bag to place this day pack in; however, since it will be with you and accessible throughout the day, keep in mind that things in it may 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 school backpack works perfectly as a "day pack."

*\*Bags are not to scale*

## GCY will provide...

A Personal Flotation Device (PFD), river helmet, dry bags for your personal gear, 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 expensive. Work with your teacher/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, headphones, 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.

## 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 as backup.
  - **REMINDER: Youth must be able to manage and administer their own medications.**
- ★ **Additional Personal medications:** over-the-counter medications or supplements as needed.

## 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 2-3 extra, pack in camp bag)
- ❑ **Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Button-up dress shirts work well. Wearing shirts is required. (Bring 2 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 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 2-3 pairs.
- ❑ **Underwear:** Bring 4-5 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 (optional), 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 not recommended.
- ❑ **Carabiners:** 2 metal clips that attach your day bag 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.
- ❑ **Bandana:** Bring 1 to wet and tie around your neck, under your hat to keep cool, or use 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**

## 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.