

Ultimate Adventure Camp Equipment and Clothing List

Equipment:

- Compact Sleeping Bag* in stuff sack
- Sleeping pad* (often called ensolite pad or a blow up backpacking pad)
- 50+ liter Internal Frame Backpack* to pack and carry all personal and shared group equipment
- Daypack for day hikes that is large enough to fit jacket, hat, gloves, lunch, water, etc
- Refillable and reliable quart or liter water bottle
- Headlamp or small flashlight with extra batteries
- Lightweight personal cup, bowl, and spoon
- Small pocket notebook with pen

(* we have for rent if needed – contact our office manager to rent)

Clothing:

- One pair of good gripping water sandals or shoes with foot support (not reef walkers)*
- Wetsuit top or Farmer John if camper is sensitive to cold water
- 1 pair shorts with pockets
- 2 T-shirts
- Swim suit
- One pair of non-cotton sweat pants or similar
- Long underwear top and bottoms
- 3 pair socks
- At least one change of underclothes
- Insulating Pile or fleece Jacket (stays warm even when wet)
- Rain jacket or poncho (inexpensive plastic ponchos are fine)
- Windbreaker (can be the rain jacket if it is a breathable kind)
- Warm pull over winter type beanie hat
- Gloves
- Ball cap or sun visor/hat
- Tennis shoes or light hiking boots
- Flip-flops
- Toiletries including: toothbrush/paste, brush or comb, feminine-care products
- Small hand sanitizer
- Sunscreen
- Small Bug Repellent
- Sunglasses
- Any suggested or needed medication (please let us know about any, and whether camper is responsible or if we should administer).
- Both release forms (General release and Medical release)
- Lunch for Day 1

*High quality water sandals (like Tevas, Chacos, Keens, etc) or closed toes water shoes are a necessity and your child's key to a safe and happy trip since we will be in and out of the water constantly and on the river rocks pretty much the whole trip. Sneakers with good gripping soles that can get wet are better than bad sandals.