

River Camp Equipment and Clothing List

Equipment:

- Compact Sleeping Bag* in stuff sack
- Sleeping pad* (foam/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
- 2 Refillable and reliable quart or liter water bottles
- 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 water shoes that cannot come off in the water*
- 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

Miscellaneous:

- 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 – bring hard copy with camper)
- Lunch for Day 1
- Several coins in varying denominations
- Money for lunch on the way home

*High quality water sandals (like Tevas, Chacos, Keens, etc) or closed toes water shoes that strap on 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 a lot. Slip on shoes such as Crocs, flip-flops, or stretchy water shoes are NOT appropriate.