

# Outdoor Week Packing List Guidelines

*All of your belongings will need to fit in a 40 Liter dry bag which we provide.*

## Clothing List (that complies with the dress standard)

- \*Swimsuit
- \*Shorts
- \*Dark colored t-shirts (for swimming)
- \*Clothes for sleeping
- \*Shoes that won't come off in the river, such as Chacos or water shoes
- Other shoes if you'd like
- Jacket (some evenings may be cool)
- Lightweight pants
- Sun/Rain protection
  - Sunglasses (with strap)
  - Long sleeved shirt
  - Hat
  - Rain jacket/Poncho

### *Packing Tip*

Cotton generally takes longer to dry than polyester (synthetic) clothing and tends to have a cooling effect when wet.

*Clothing with an \* is required.*

## Required Gear

- Bible & Pen
- Sleeping bag (synthetic is recommended)
- Water bottle (with strap)
- Small towel and toiletries (Biodegradable soaps preferred)
- Sunscreen
- Flashlight or headlamp

## Optional Gear

- Waterproof camera
- Compact backpacking camp chair
- Hammock & Tarp
- Your own 40 L dry bag
- Duct Tape (it fixes everything)

## Recommended Gear

- Personal medications
- Small pillow (or go without or use bundled up clothes)
- Small zip lock bags for organizing gear
- Watch
- Compass
- Multi-tool/Pocket Knife
- Large zip lock bags for wet gear
- Paracord/String (very useful: strap things to your canoe, temporary clothesline, etc)
- Lip balm
- Insect repellent
- Bandana

## Please Do NOT Bring:

- Fireworks
- Personal electronic devices (games, cell phones, audio equipment)
- Firearms
- Unbecoming language
- Alcohol
- Tobacco
- Illegal Drugs