

PACKING LIST

Luggage:

- ◇ Hiking backpack (at least 50 liters, approx. 3000 cubic inches)
- ◇ Duffel bag or storage bin
- ◇ Daypack

Clothing:

- ◇ 2-3 dry-wicking, breathable shirts for hiking
- ◇ 1-2 pair comfortable shorts for hiking
- ◇ 2-3 additional sets of clothes
- ◇ Several pairs of underwear and socks (including hiking socks)
- ◇ Swimsuit (one-piece)
- ◇ Sun hat and/or sun glasses

Outerwear:

- ◇ Rain jacket, waterproof and breathable
- ◇ Sweatshirt or light jacket

Footwear:

- ◇ Closed-toed camp shoes
- ◇ Hiking shoes/boots
- ◇ Sandals/water shoes for kayaking (no flip-flops)

Camping/Personal Gear:

- ◇ Sleeping bag with compression stuff sack (bag *must* fit in pack and allow for other gear)
- ◇ Sleeping pad
- ◇ Water bottles
- ◇ Headlamp
- ◇ Sun protection (sunscreen, lip balm, etc)
- ◇ Bug spray
- ◇ Toiletries (soap, shampoo, toothbrush/toothpaste, towel, washcloth, etc.)
- ◇ Bible, journal, pen
- ◇ Dirty clothes bag
- ◇ Spare batteries
- ◇ Light, portable bowl and utensil(s)

Optional Items:

- ◇ Hammock
- ◇ Pocket knife
- ◇ Camera

Medication:

- ◇ **Prescription medications:** Please follow directions on medication form. Do not bring over-the-counter medications.

Note: Pack a separate bag with one pair of clothes to wear home!
This bag needs to fit in your duffel bag.

DO NOT BRING
CELL PHONES OR ELECTRONICS, TOBACCO,
ALCOHOL, DRUGS, FIREWORKS, FIREARMS, PETS, EXPENSIVE
CLOTHES AND SHOES, OR OTHER VALUABLE PERSONAL ITEMS