

## What to bring

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### Luggage

- Duffel bag or sealable storage bin
- Day pack or book bag
- Hiking backpack (recommended 40 liters or more)

### Outerwear & Footwear

- Rain jacket (waterproof and breathable)
- Sweatshirt or light jacket
- Closed-toed shoes (ex: tennis shoes)
- Sandals with back strap or water shoes (no flip flops)

### Camp Clothing

- Shorts (4-5)
- Pants/blue jeans (1-2)
- T-shirts (7-8)
- Long sleeve shirts (1-2)
- Socks and underwear (5-6 pairs)
- Swimsuits (2, trunks/one-piece/"tankini")
- Hat or bandanna
- White t-shirt for tie-dye

### Sleeping

- Packable sleeping pad (no air mattresses)
- Sleeping bag with compression stuff sack (must fit comfortably in hiking pack and allow for additional gear)

### Camping Gear

- Water bottles (2)
- Headlamp or flashlight (with spare batteries)
- Sunglasses and retainer strap
- Sun protection (sunscreen, lip balm, etc.)
- Toiletries (soap, shampoo, toothbrush/paste, etc.)
- Towels and washcloths (2)
- Bug spray

## What NOT to bring

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Food w/ peanuts/tree nuts  
Cell phone  
Music/video player  
Tablets/computers  
Video games

Tobacco/e-cigs/vapes  
Alcohol  
Drugs  
Fireworks  
Firearms/weapons

Pets  
Water guns  
Skateboard/skates  
Bicycles/unicycles  
Expensive clothing

Expensive shoes  
Any other valuable  
personal items

### Other Gear

- Bible, journal, pen
- Dirty clothes bag

### Optional Items

- Face coverings (welcome but optional)
- Pillow
- Hammock with straps
- Shower shoes
- Disposable camera
- Musical instrument
- Pocket knife (no fixed blades, only folding)

### Medication

- Prescription medications (if applicable)

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

*Note: Labeling clothes is highly recommended. Synthetic/dry-wicking material for camp clothing is also recommended. Pack a separate bag with one pair of clothes to wear home. This bag needs to fit in your duffel bag.*

### Trip-Specific Gear (if applicable)

#### Frontier 10-Day | Pack & Paddle

- Hiking boots or shoes recommended

*Note: If your trip is not listed in this section, it does not require any additional items.*