

What to bring

Luggage

- Duffel bag or sealable storage bin
- Day pack or book bag
- Dirty clothes bag

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 (2-3)
- Pants/blue jeans (1-2)
- T-shirts (4-5)
- Long sleeve shirts (1-2)
- Socks (4-6 pairs)
- Underwear (4-6)
- Swimsuit (trunks/one-piece/"tankini")
- Hat or bandanna
- Pajamas

Note: Labeling/initialing clothes is highly recommended. Pack a separate bag with one pair of clothes to wear home. This bag needs to fit in your duffel bag.

Camping Gear

- Leakproof 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)
- Insect repellent (deet-free)
- Bible, journal, pen

What NOT to bring

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

Sleeping

- Sleeping bag
- Packable sleeping pad (no air mattresses)

Optional Items

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

Medication

- Prescription medications (if applicable)
Please follow directions on medication form. Do not bring over-the-counter medications.

Trip-Specific Gear (if applicable)

Kayaking & WW Kayaking (Frontier & Expedition)

- Second swimsuit (one-piece) recommended

Backpacking (Frontier & Expedition)

- Hiking backpack (recommended 40 liters or more)
- Hiking boots or shoes recommended
- Sleeping bag must come with a stuff sack and fit comfortably in hiking backpack

Mountain Biking (Frontier & Expedition)

- Optional mountain bike and helmet (contact office)

Note: If your trip is not listed here, it does not require additional items.