

## 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) (1 pair)
- Hiking boots or shoes (1 pair)
- Sandals with heel strap or water shoes (no flip flops)

### Camp Clothing

- 6-8 sets of comfortable clothes (including 1-2 sets of long pants and shirt(s) for sun/bug protection, preferably dry-wicking, breathable material carried by most outdoor brands)
- Underwear (10 pairs)
- Socks (10 pairs including 2-3 pairs of hiking socks)
- Swimsuits (2, trunks/one-piece/"tankini")
- Hat or bandanna
- Pajamas

*Note: Labeling 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 20oz or larger (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
- Bible, journal, pen
- Dirty clothes bag

## 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

### Sleeping

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

### Optional Items

- Hammock with straps
- Shower shoes
- Disposable camera
- Musical instrument
- Lightweight portable bowl and spoon
- Pocket knife (no fixed blades, only folding)

### Medication (if applicable)

- Prescription and/or necessary routine medications
- Medication Administration Form

**Key Update For 2024:** As shared during registration, to streamline our process and minimize the potential for medication errors, we're introducing a new medication administration system using an industry standard practice called "blister packing". If you haven't yet, please review our new [Medications](#) page.

**What's The Same:** 1) All prescription and over-the-counter medications, supplements, and vitamins must be checked in with our Healthcare Team during drop-off. 2) Do not send basic over-the-counter meds unless taken routinely. 3) We cannot dispense medications that are not professionally labeled/packaged.

**What's New:** All daily/scheduled prescription and over-the-counter oral medications, vitamins, and supplements in pill or chewable form must be blister-packed by a licensed pharmacist. Exceptions include as-needed medications, inhalers/epipens, liquids/creams, and medications already blister-packed as a part of original packaging. For more, please visit: [glisson.org/meds](https://glisson.org/meds)

### Trip-Specific Gear (if applicable)

#### Cumberland Island | Pack & Paddle

- Sunhat

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