

River Camp

Leadership Expedition

Equipment List

Old sneakers or water shoes (**NO Open-Toe Shoes**)

Dry CLOSED-TOE shoes for shoreline

Wool or synthetic socks, 3-4 pairs

Polypro long underwear, regular

Fleece pants (**NO Jeans**)

Waterproof Rain pants

Fleece jacket and/or pullover or Wool sweater (**No cotton**)

Waterproof Rain jacket

Extra polypro and/or fleece

Underwear

Hat

Bandanna (optional)

Soft backpack or duffle bag (**No hard or wheeled luggage**)

Handy Pack: containing things you may need handy: rain gear, sunblock, hat, snack food; etc.)

Sleeping Bag, medium weight (**with stuff sack**)

Sleeping pad (one that will absolutely not absorb water)

1 quart water bottle

Sunglasses with strap

Headlamp or Flashlight

Extra batteries

Extra light bulb

Toiletries

Lip balm (optional)

Sunblock

Bug Spray

Bug Net (optional)

Compass (optional)

Journal and pencil (optional)

Whistle

Camera (optional)

Towel (pack towel highly recommended, please **no cotton towels**)

Swimming suit (no bikinis)

Any medicines* (prescription or over-the-counter) ***Must be in original container and we must have written permission to dispense - see medical form**

WHAT NOT TO BRING: No watches, cell phones, or other electronic devices, OPEN-cell foam pads, hard-sided travel luggage (soft-sided duffle-type luggage only)