

River Camp

Adventure Challenge

Equipment List

Clothing:

- ☐ Swimming suit (no bikinis) worn under your clothes every day
- ☐ Tee shirt & shorts
- ☐ Hat with a brim
- ☐ Old sneakers or river shoes (**NO Open-Toe Shoes**)
- ☐ Rain coat- **waterPROOF (NO Ponchos)**
- ☐ Sweatshirt , fleece, or long sleeved shirt
- ☐ Nylon pants (are best) or other long pants
- ☐ Dry CLOSED-TOE shoes for shoreline, if wanted

Important Items for each day:

- ☐ Drybag or Backpack with kitchen plastic bag inside
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Towel
- ☐ Snack, lunch, and a minimum of 1 quart of liquid to drink
- ☐ Any medicines* (prescription or over-the-counter) ***Must be in original container and we must have written permission to dispense – use “Authorization to Administer Medication to a Camper” form for each medication.**

Optional items:

- ☐ Camera (inexpensive or disposable)
- ☐ Binoculars
- ☐ Field guide books (birds, insects, pond life, trees, reptiles, spiders, etc.)

Additional Required Items for Overnight:

- ☐ Sleeping bag, small ground pad
- ☐ Compact flashlight or headlamp
- ☐ Extra long pants & sweater (wool or fleece)
- ☐ Toothbrush, toothpaste, soap
- ☐ Dry shoes and socks