Dress for weather! While packing/dressing for this trip please do not wear cotton especially next to your skin. Keep in mind that we can have hot days and cold nights. You can always take layers off, but you can’t add layers if you don’t have them! Inner clothes should be made of wool, synthetic, fleece, polypropylene...remember...no cotton! Outer layered clothes should be water/rain resistant, synthetic, or down (down only when you know it will not be at risk of getting wet).

Items marked ** are provided from Outdoor Adventures

**Clothing**
- Rain jacket
- Fleece jacket
- Insulated jacket (puffy)
- Synthetic pants/shorts
- Synthetic shirt (2)
- Warm synthetic base layer (top/bottom)
- Synthetic briefs & sports bra
- Board Shorts, Swimsuit
- Fleece hat
- Fleece gloves

**Footwear**
- Wool or synthetic socks (2+ pairs)
- Camp footwear and/or hiking shoes
- Water Shoes/River Sandals (no flip flops)

**Accessories**
- Sun hat
- Sunglasses
- Bandana/Buff

**Equipment**
- Tent**
- Sleeping Bag (15°F)**
- Sleeping Pad**

- Water bottles or bladder (at least 2 liters or 64 oz.)
- Headlamp** & extra batteries
- Daypack

**Toiletries**
- Insect Repellant
- Sunscreen (at least SPF 30)
- Lip Balm (SPF recommended)
- Personal Medication
- Toothpaste & Toothbrush
- Feminine Products

**Optional Items**
- Journal
- Camera, Waterproof Case
- Reading Material
- Clean Clothes for travel
- Packable Towel
- Pillow
- 20-40 L Da

**DO NOT BRING**
- Drugs
- Alcohol
- Firearms
- Fireworks