

- Flashlight or headlamp with extra batteries
- Pocket Knife or Multi-tool
- Waterproof Matches or Lighter
- Firestarter with tinder
- Water Bottle, Canteen or Camelback-type device (Optional: Water filter) - 1.5L minimum
- Insect Repellent
- Sunscreen

- Full-size backpack (internal or external frame) or large, sturdy duffel bag
Everything should fit in, on or be securely attached.
- Tent with rainfly (it rains in the summer)
- Sleeping Bag
- Foam Pad or Thermarest (light weight)
- Sturdy Shoes
- Good Socks (holes cause blisters)
- Hat
- Swimwear
- Water shoes/flip-flops
- Safety/Shooting Glasses (if you have them)
- Shooting Ear Muffs (if you have them)
- Poncho (it may rain)
- Extra Clothes (in waterproof bag(s))
(Long pants, shorts, socks and extra shirt)
- Medications, creams (with instruction list to give to leaders in case of emergency)
- Towel (after rafting)
- Toothbrush & Toothpaste
- Hand Sanitizer
- Personal Snacks
- Eyeglasses/contacts (if needed)
- Light, Waterproof Jacket
- Toilet paper
- Spending Money
- Great Attitude

- Pillow (optional)
- Sunglasses (optional)