



## Suggested Student Packing List

Preparing to go camping or on an outdoor adventure can be intimidating but don't worry, we are here to help. Here are some of our suggested items that you should consider when packing for Adventure Bound Camping and Rafting weekend May 12-14th.

### Whitewater Rafting Considerations:

- Adventure Bound will provide every student with a life jacket, wetsuit, booties, helmet and paddle.
- If you have a *small* [dry bag](#), we recommend bringing it for an extra layer (rain coat) and snacks. Make sure to seal it properly- if you don't know- ask! You can clip the dry bag to the raft.
- Phones will get wet. Don't plan to bring it.
- If you want to bring a water bottle rafting- bring a carabiner to attach it to the raft.
- If you have glasses, be sure to have [croakies](#) or some way to attach them to you. There's a chance you may lose them if you fall in.
- Some life jackets will have pockets (not waterproof).
- We recommend a towel and a warm change of clothes for after rafting.

### **Personal Gear:**

#### Clothing:

*Avoid all cotton materials*

#### Upper Body:

- 1-2 synthetic T-shirts (look at the inside tags for polyester!)
- 1-2 long sleeve insulating synthetic layer
- 1 Fleece sweater or jacket
- 1 rain jacket
- 1 insulating jacket, down jacket
- Swim shirt or swim suit

#### Lower Body:

- 1 pair synthetic long underwear or leggings
- 2 Pairs of underwear
- 1 pair of warm pants or casual sweatpants to wear around the fire
- 1 pair of shorts

#### Head:

- 1 warm hat
- 1 hat for sun protection

#### Feet:

- 2 pairs hiking socks (synthetic or wool)
- Hiking boots/athletic sneakers
- River shoes or sandals

#### Hands:

- 1 pair of gloves

#### **Additional Gear:**

- Small flashlight or headlamp with NEW and spare batteries.
- Travel plate/bowl/utensil (tupperware works well!)
- **Refillable water bottle**
- Personal toiletries
- Towel
- A great attitude, willingness to learn and adapt, as well as smiles

#### Sleep System:

- Tent
- **Sleeping bag (synthetic fiber or down filled bag rated to 20 degrees F)**
- Sleeping pad
- Pillow
- Breathable clothing for sleeping

#### Optional:

- Book, notebook or journal
- Camp chair
- Hammock
- Deck of cards or portable game (non- electronic or video based)
- Trail snacks
- Sunglasses
- Dry Bag (if you have one, for rafting!)