



# Gear Checklist

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## Provided by WSE:

- PFD (personal floatation device/life jacket)
- tent
- eating utensils
- food
- 1 large dry bag for personal clothing & gear
- 1 small dry bag for day use items

## Personal Gear Checklist

All of your personal gear must fit into a 100 liter bag; a good estimate of this volume is to see if your things will fit into a tall (100 liter) black trash bag.

### Camping Gear

- sleeping bag (synthetic material, **NOT** cotton)
- small flashlight or headlamp (bring extra batteries)

### Clothing

- 1-2 modest bathing suits
- 4 short sleeve t-shirts
- 2-3 pairs of shorts (fast drying synthetic, **NOT** cotton)
- 1 pair long pants for camp
- 1 pair hiking boots or shoes
- 1 pair river shoes/sandals (must securely hold to feet, **NOT** flip flops)
- 1 pair socks for camp and hiking (these will stay dry)
- 1 pair wool or fleece river socks (these will get wet)

- 1 jacket or sweater (wool or fleece)
- 1 light rain jacket or poncho
- 1 broad brimmed hat for sun protection (**NO** visors)

### Other Essentials

- 2 bottles sunscreen (spray type recommended)
- 1 small bar of soap in ziplock bag
- 1 small container of biodegradable shampoo (Example: Dr. Bronners)
- personal hygiene or feminine items
- lip balm
- toothbrush & small toothpaste
- 1 small towel for drying after swimming or bathing
- 1 quart water bottle (Can use Gatorade bottle with your name on it)
- extra pair of prescription eye glasses or contacts (if needed)
- TWO weeks supply of any medications (separate into 2 ziplock bags - one for personal dry bag and one for trip medic)

### Optional (brought at your own risk)

- musical instrument
- camera equipment

## Do NOT Bring

- drugs or alcohol - There will be **ZERO** tolerance!
- bad attitudes - Be happy & lend a helping hand around camp.
- electronic devices - Take a break from technology and see how great it can be.
- anything that you do not want to get wet