**wWhitewater Adventure Bound Packing List**

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| Equipment   * Duffel bag or large backpack   + *No suitcase* * Day Pack (Small to medium sized backpack) * Sleeping Bag * Sleeping Pad * One-Liter Reusable Water Bottles (x2) * Headlamp or flashlight * Mess Kit   + *Bowl, Fork, Spoon, ~Knife* | Toiletries   * Toothbrush + Toothpaste * Personal Medication * Travel shampoo/conditioner/soap * Deodorant * Bug Repellant * Sunscreen * Trash Bag (x2-3) * Extra Ziplock Bags * \*Menstrual products (ie, tampons/pads)\* |
| Clothes   * Closed toed Sneakers or Hiking shoes/boots * Camp Shoes (~Sandals, something to walk around in that are not your regular shoes) * Socks (x3-4) * Underwear (x3-4) * Swim Suit * Towel * T-Shirts (x2-3) * Hiking Shorts/pants, exercise shorts/pants, or leggings (x2-3)   + *Quick Dry/Sweat wicking material* * PJs * Jacket/Sweatshirt * Rain Jacket * Hat * \*Quick Dry Sports Bra\*   \*\*Need to borrow any gear? Please fill out the google form with equipment you may not have!\*\* | Personal   * Drivers License/ID * Insurance Card * Medical Info * Sunglasses * $15-$20 of Cash   + *Sealed in Ziplock Bag*   **DO NOT BRING**   * Large Books * Large Sums of Money * Valuables * Illegal Substances   Optional   * Soap (Biodegradable) * Snacks you enjoy * Camera * Playing Cards/Camp games * Book * Personal Medkit * Whistle |