**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)\*
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| 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
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