

SUMMER - DA STUFF TO BRING

Anything you bring might get wet or lost, so leave anything of great value at home.

What

SANDALS/OLD SHOES
DRY SHOES
SWIMSUIT / SHORTS (NYLON)
DRY SHORTS
PANTS / SWEATS
T-SHIRT
HAT / VISOR
DRY CLOTHING
PRESCRIPTION MEDICATIONS
BIBLE

Why

To get wet in (Sandals need an ankle strap. Avoid "water socks" on non-rafting days)
Something dry to change into
To get wet in (Please keep it modest/appropriate for athletic activity)
Something dry to change into
Loose and comfortable
Comfortable
To block the sun
You may get wet (hence Rock-N-Water)

Optional

Sunscreen
Long Sleeve Rash Guard
Diving mask
Water bottle
Waterproof camera

It's sunny out there.
Unless you get cold easily, a long sleeve nylon shirt is better than sunscreen.
To explore underwater on **Rock Climbing** or **Canyon days**
For use around camp. We'll bring water for you on adventures,

If Spending the Night

CHANGE OF CLOTHES
WIND BREAKER
SWEATSHIRT / WARM JACKET
UNDERWEAR
SOCKS
T-SHIRT
TOWEL
TOOTHPASTE & TOOTHBRUSH
SOAP
SLEEPING BAG & PAD
PILLOW
TENT OR TARP
DUFFLE BAG
FLASH LIGHT

Something dry to change into
Rain resistant if possible
It can get cold and night and in the morning
Don't leave home without 'em!
Dirty socks are dirty
Your other T-shirt might get wet
To dry off with after a swim or a shower
Morning breath
Our guides may smell, but you don't have to
Bag to sleep in and the Pad to sleep on.
It's better with just one
We recommend sleeping outside, on a tarp. Our staff do it all summer long.
To put everything into

Optional Night Stuff

Mosquito Repellent (optional)
Musical Instrument (optional)

Can be helpful (but read the warning label)
We like music

Optional for Leaders or as a group

Laundry Line

For drying clothes

Board/Card Games

We don't give much free time, but can be handy if your group likes it

If coming during the spring or fall (bring it if you have it)

Wool Socks, Wool Sweater, Poncho/Rainjacket, Wetsuit And Booties, Warm Hat

NOTE: ALL PIANOS, TROMBONES, AND KAZOOS ARE WELCOME. BUT ALL SATELLITE-DISHES, CELL PHONES, ELECTRONIC GAMES, TV SETS, MUSIC PLAYERS AND JUNK FOOD/DRINKS ARE NOT ALLOWED.

