



Participant Gear List

Gear

- Small backpack or daypack
- Refillable water bottle
- Headlamp or Flashlight (headlamps are preferred)
- Writing materials

Bedding

- Sleeping bag, ideally rated at or below 32 degrees. (Nights can be cold)
- Inflatable mattress, sleeping pad, or other
- Pillow
- PJs

Clothing

- Short sleeve shirts (avoid cotton) x3
- Hiking/camp shorts x2
- Long pants x1
- Long sleeve shirt x1
- Jacket or polar fleece x1 (nights can be cold)
- Rain jacket x1
- Underwear (avoid cotton) x 4
- Socks (avoid cotton) x 4
- Sneakers or athletic type shoes
- Swimsuit
- Sandals with straps or water shoes (recommended). Flipflops are not acceptable on the river.
- Hat (recommended)
- Sunglasses

Personal Items

- Towel for the bathroom, water activities, and yoga
- Toiletries (toothbrush, toothpaste, shampoo, soap, deodorant, eye care, feminine hygiene)
- Lip balm with sun protection
- Sunscreen
- Dirty clothes bag
- Personal prescription medications (including an EpiPen if needed)
- Personal first aid kit

Optional Items

- Acoustic guitar (bring at your own risk)
- Playing cards or small games
- Pocket money for purchasing items from the trading post
- Insect repellent

Do NOT bring

- Lighters, fireworks, or any other fire hazard.
- Cigarettes, tobacco products, vaping devices, illegal or recreational drugs, or alcohol
- Personal cameras (staff will provide photos from each session)
- Make-up
- Electronics (other than cell phones which will be kept safely by staff until the end of camp)
- Firearms, knives, or any other item that could be considered a weapon
- Anything that will be a distraction to you and others during the camp and detract from the experience