



# Packing List

## Sleep

Place all items in a black garbage bag

- Warm Sleeping bag
- Sleeping pad / air mattress
- Pillow

## Extra Items

- Camp chair
- Reusable water bottle
- Flashlight or head lamp
- Sunscreen
- Bug Spray

## Leave at Home

- Cell phone/any electronics
- Headphones/earbuds

## Clothing

Place all items in a duffle bag or tote

- 3 short sleeve shirts
- 2-3 pants, suitable for hiking
- Sweatshirt or light jacket
- Rain jacket
- Warm pajamas
- Sturdy close toed shoes
- Socks & underwear
- Hat / sunglasses
- Swimsuit for high adventure activity
- Tunic

## Personal Hygiene

- Deodorant
- Toothbrush & toothpaste
- Beach towel
- Hairbrush
- Feminine Products
- Medications

Please label EVERYTHING with your FIRST and LAST name and WARD

