

## Packing List

### Water Clothing

- Swimsuit x2
- Synthetic shorts
- Synthetic shirt or t-shirt
- Rain jacket
- Sunglasses w/ retainer
- Close-toed water shoes
- Sunscreen
- Towel

### Land Clothing

- Shirt and shorts for 2 days
- Sweatshirt
- Sun hat
- Tennis shoes
- Pajamas
- Undergarments and socks for 3 days

### Personal

- 2 Filled water bottles (16oz minimum)
- Insect repellent

- Toiletries (toothbrush, toothpaste)
- Headlamp with spare batteries

### Shelter

- Tent with ground cloth and stakes
- Rain tarp and stakes
- Sleeping bag
- Sleeping pad
- Camping pillow

### Optional

- Extra food
- Medication
- Extra clothing, especially socks and undergarments
- Entertainment (Books and games)
- Camp chair and/or hammock
- Bag for soiled and wet clothing