

## **Packing List**

Bible, notepad and pen  
Sleeping bag and pillow  
Sweatshirt/Fleece Jacket/Coat  
Rain Coat  
2-3 changes of clothes (shorts, pants, t-shirts)  
Long Pants/Longer Shorts for Rock Climbing  
Underwear  
One Piece Bathing Suit  
Shoes for indoor activities  
Gym Shoes/Hiking Shoes for Challenge Course/ Rock Climbing  
Water Shoes/sandals  
Sleeping attire  
Toiletries: towel, soap, shampoo, toothpaste, toothbrush, hairbrush, lip balm, etc.  
Water Bottle  
Flashlight/headlamp  
Sunglasses  
Sunscreen  
Bug spray  
Camera (optional)  
Alarm Clock (optional)

## **Overnight Canoe Trip Packing List**

Sleeping bag and pillow  
Sweatshirt/Fleece Jacket/Coat  
Rain Coat  
Change of clothes  
Long Pants  
Underwear  
One Piece Bathing Suit  
Water Shoes/sandals