

## ONE WEEK SESSION PACKING LIST

Please adjust according to your itinerary. All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

- CLOTHING:**
- \_\_\_ (1) Nylon windbreaker
  - \_\_\_ (2) Long pants, one lightweight (nylon windpants work well)
  - \_\_\_ (5) Shorts
  - \_\_\_ (1) Fleece sweater or other that has moisture wicking ability
  - \_\_\_ (1) Set of long underwear (we suggest polypropylene or capilene)
  - \_\_\_ (6) Socks, cotton
  - \_\_\_ (2) Pairs wool socks
  - \_\_\_ (2) Sock liners
  - \_\_\_ (6) Underwear
  - \_\_\_ (7) Shirts
  - \_\_\_ (1) Raingear, poncho or rainsuit
  - \_\_\_ (1) Hat
- FOOTWEAR:**
- \_\_\_ (1) Pair camp shoes
- TOILETRIES:**
- \_\_\_ Toothbrush/paste
  - \_\_\_ Shampoo and Soap with soap box
  - \_\_\_ Deodorant
  - \_\_\_ Comb/Brush
  - \_\_\_ Feminine hygiene supply
- OTHER:**
- \_\_\_ Laundry bag
  - \_\_\_ Book to read
  - \_\_\_ Notebook (4 x 6) for journal, pen/pencil
  - \_\_\_ Bring a spoon
  - \_\_\_ Bowl
  - \_\_\_ Water Bottle
  - \_\_\_ Flashlight w/ extra batteries (small)
  - \_\_\_ Insect repellent (no aerosol)
  - \_\_\_ (2) Towels
  - \_\_\_ (2) Bandannas
  - \_\_\_ (10) Large Ziplock bags
  - \_\_\_ (5) Large garbage bags (used to keep clothes and sleeping bag dry)
- OPTIONAL:**
- \_\_\_ Bible
  - \_\_\_ Camera, film
  - \_\_\_ Stationary, stamps
  - \_\_\_ Sunglasses
  - \_\_\_ Pillow

### CONSULT YOUR CHILD'S ITINERARY FOR ITEMS NEEDED BELOW:

- CAVING:**
- \_\_\_ (2) Long sleeve shirt and pants for caving (will get muddy)
  - \_\_\_ (1) Pair of old boots (shoes)
- CANOEING/  
RAFTING:**
- \_\_\_ (1) Old shoes for canoeing, **must** fasten securely (will get wet)
  - \_\_\_ (2) Swimsuits
- BIKING:**
- \_\_\_ (1) Shorts with longer legs and no chafing seams for bicycling
  - \_\_\_ (1) Sturdy shoes for cycling
- HIKING OR  
BACKPACKING:**
- \_\_\_ (1) Hiking boots, lightweight
  - \_\_\_ (2) Pairs sock liners
  - \_\_\_ (2) Wool socks