

EXTREME ADVENTURE WEEK PACKING LIST

Please note that the item listed below are an addition to the regular packing list you have recieved. 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) Fleece sweater or other that has moisture wicking ability
 - (1) Set of long underwear (we suggest polypropylene or capilene)
 - (1) Raingear, poncho or rainsuit
 - (1) Hat
- TOILETRIES:**
- Feminine hygiene supply
- OTHER:**
- Bring a spoon
 - Bowl
 - Water Bottle
 - (10) Large Ziplock bags
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)
- 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
- HIKING OR
BACKPACKING:**
- (1) Hiking boots, lightweight
 - (2) Pairs sock liners
 - (2) Wool socks