

# PARENT & CHILD 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.

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|---|-----|--|
| <b>CLOTHING:</b>                                      | ___ | Nylon windbreaker  |
|   | ___ | Long pants, one lightweight (nylon wind pants work well)           |
|   | ___ | Shorts   |
|   | ___ | Fleece sweater or other that has moisture wicking ability          |
|   | ___ | Set of long underwear (we suggest polypropylene or capilene)       |
|   | ___ | Socks, cotton  |
|   | ___ | Wool or synthetic socks  |
|   | ___ | Sock liners (backpacking and hiking)                               |
|   | ___ | Underwear  |
|   | ___ | Shirts   |
|   | ___ | Raingear, rain suit  |
|   | ___ | Hat  |
| <b>FOOTWEAR:</b>                                      | ___ | Pair camp shoes  |
| <b>TOILETRIES:</b>                                    | ___ | Toothbrush/paste   |
|   | ___ | Shampoo and Soap with soap box                                     |
|   | ___ | Deodorant  |
|   | ___ | Comb/Brush   |
|   | ___ | Feminine hygiene supply  |
| <b>OTHER:</b>   | ___ | Laundry bag  |
|   | ___ | Book to read   |
|   | ___ | Notebook (4 x 6) for journal, pen/pencil                           |
|   | ___ | <b>Bring a spoon</b>   |
|   | ___ | <b>Bowl</b>  |
|   | ___ | <b>Water Bottle</b>  |
|   | ___ | Flashlight w/ extra batteries (small)                              |
|   | ___ | Insect repellent (no aerosol)                                      |
|   | ___ | Towels   |
|   | ___ | Bandannas  |
|   | ___ | Large Ziplock bags (used to keep close dry during backpacking)     |
|   | ___ | Large garbage bags (used to keep clothes and sleeping bag dry)     |
| <b>OPTIONAL:</b>                                      | ___ | Bible  |
|   | ___ | Camera, film   |
|   | ___ | Stationary, stamps   |
|   | ___ | Sunglasses   |
|   | ___ | Pillow   |
| <b>CONSULT YOUR ITINERARY FOR ITEMS NEEDED BELOW:</b> |     |  |
| <b>CAVING:</b>  | ___ | Long sleeve shirt and pants for caving (will get muddy)            |
|   | ___ | Pair of old boots or tennis shoes (will get muddy)                 |
| <b>CANOEING/<br/>RAFTING:</b>                         | ___ | Old shoes for canoeing, <b>must</b> fasten securely (will get wet) |
|   | ___ | Swimsuits  |
| <b>CLIMBING:</b>                                      | ___ | Hiking boots or tennis shoes                                       |
| <b>HIKING OR<br/>BACKPACKING:</b>                     | ___ | Hiking boots, lightweight  |
|   | ___ | Pairs sock liners  |
|   | ___ | Wool socks   |