

RANGERS SESSION PACKING LIST

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

“Better to have, and not need, than to need, and not have.” — Franz Kafka

- CLOTHING:**
- (2) Long pants, one lightweight (nylon wind pants work well) – *Use rain pants as one of these or convertible pants that zip off into shorts*
 - (5) Shorts
 - Fleece sweater or other that has moisture wicking ability
 - Set of long underwear, top and bottom (leggings) (we suggest polypropylene or capilene) – *It may be summer but it can still get cold.*
 - (6) Socks, (we suggest wool socks OR synthetic socks)
 - (6) Underwear
 - (7) T-Shirts
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Rain Gear, rain jacket and pants
 - Hat (baseball cap is good for helping with sun, and a winter hat for hiking/camping when cold)

- FOOTWEAR:**
- Old shoes or water sandals like chacos or keens (**NOT CROCS**) for river day, **must** fasten securely (will get wet)
 - Pair camp shoes – tennis shoes, hiking shoes or trail shoes

- TOILETRIES:**
- Toothbrush/paste
 - Shampoo and Soap with soap box
 - Deodorant (NO aerosols)
 - Comb/Brush
 - Feminine hygiene supply

- OTHER:**
- Laundry bag
 - Bring a spoon – *If you don't bring one you can get a spork in the store.*
 - Bowl
 - Day pack/small book bag – *If you don't bring one you can get one in the store.*
 - 2 Water Bottles – *If you don't bring one you can get one in the store.*
 - Flashlight or headlamp w/ extra batteries (small) – *If you don't bring one you can get one in the store.*
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Ziploc bags (used to keep clothes dry)
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)

- OPTIONAL:**
- Bible
 - Camera
 - Sunglasses
 - Pillow
 - Sleeping bag or sheets and blanket for cabin (we will provide sleeping bag for out of camp)
 - Pocket Knife

RANGERS

Sunday

- Arrive at Cheerio Adventures between 2-3 pm
- Meet other group members and Trip Leaders

Monday

- Basic survival skills
 - Fire building
 - Orienteering
- On camp activities
 - Spelio box
 - GAGA ball
 - 9-square in the air
- Camp at Cheerio Adventures

Tuesday

- Pack bags and equipment for backpacking
- Games and activities
- Backpack after lunch
- Set up campsite
 - Create debris huts (wilderness survival shelters)
 - Creek exploration
- Camp at designated site

Wednesday

- Hike back from backpacking
- River day
 - Tubing
 - Fishing
- Mudslide
- Camp at Cheerio Adventures

Thursday

- Bird watching
- Scavenger hunt around camp
- On camp activities
 - Create walking sticks
- Nighttime awareness activities
- Camp at Cheerio Adventures

Friday

- Climb day
- Camp at Cheerio Adventures

Saturday

- Participants get picked up between 8-9:30 am

*Please note: The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.