

SEEKERS 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

If it is italicized it is a suggestion made by others.

- 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.*
 - (13) Socks, (we suggest wool socks OR synthetic socks)
 - (13) Underwear
 - (14) T-Shirts – *Now remember they will be out most of the time, so will they really wear them all.*
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Raingear, rain jacket and pants
 - For caving long sleeve shirt, pants & gardening gloves (will get muddy) *Get them from Goodwill and throw them away after, no washing.*
 - Hats (baseball cap is good for helping with sun, and a winter hat for backpacking when cold)

- FOOTWEAR:**
- Pair of camp shoes (eg. sneakers)
 - Old shoes or water sandals like chacos or keens (**NOT CROCS**) for canoeing, **must** fasten securely (will get wet)
 - For caving a pair of old shoes (will get muddy)
 - Hiking shoes, lightweight 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)

SEEKERS

Sunday

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

Monday

- Drive to canoeing location
- Canoe on New River starting near Ripplemead, VA
- Camp in designated area

Tuesday

- Canoe on New River
 - Enjoy fun games while on the river
- Camp in designated area

Wednesday

- Canoe on New River
- Camp at Shanklins Ferry/Bozoo

Thursday

- Climb @ Bozoo
- Drive to ACE
- Play in ACE lake (inflatables and slide)
- Camp at ACE resort campsite

Friday

- Rafting on the New River with ACE
- Drive back to Cheerio Adventures
- Camp at Cheerio Adventures

Saturday

- Kayak on the New River from Cheerio Adventures to Big Tree
 - Experience up to class 3 rapids and surfing
 - Enjoy fun games while on the river
- Camp at Cheerio Adventures

Sunday

- Backpack at Wilson Creek
 - Plant identification
 - Set up camp
- Camp in designated area

Monday

- Backpack at Wilson Creek
 - Bird watching
- Camp in designated area

Tuesday

- Climb at Little Lost Coves
- Drive to Worleys cave to camp

Wednesday

- Cave at Worleys all day
- Return to Cheerio Adventures
- Camp at Cheerio Adventures

Thursday

- Go biking on New River Trail
- Around 25 mile trip
- Mudslide
- Camp at Cheerio Adventures

Friday

- Go biking on Virginia Creeper Trail
- Around 17 mile trip
- 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.