

SUPREME 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
 - Leggings (we suggest quick dry)
 - (6) Socks, (we suggest wool socks OR synthetic socks)
 - (6) Underwear
 - (7) T-Shirts
 - (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.*
 - Hat (baseball cap is good for helping with sun)

- FOOTWEAR:**
- Pair of camp shoes (eg. Sneakers)
 - water shoes like chacos or keens or an old pair of tennis shoes (**NOT CROCS**) for water activities **must** fasten securely on the heel (will get wet)
 - For caving a pair of old shoes (*will get muddy/wet and most likely will not use again*)
 - Hiking shoes, lightweight or trail shoes (closed toe)

- 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)

SUPREME

- Sunday** Campers arrive @Cheerio Adventures between 2:00-3:00 PM
Group interaction/get to know each other
Issue gear
- Monday** Cave in Worley's Cave, TN (second longest cave in TN)
Camp outside cave
- Tuesday** Drive to Hidden Valley, VA
Backpack to Campsite
- Wednesday** Climb in Hidden Valley, VA
Drive to rafting company
- Thursday** Raft all day on the New River, WV
Return to Cheerio Adventures
- Friday** Kayak from Cheerio Adventures to Big Tree
Closing ceremonies in the evening
- Saturday** Breakfast
Camper Pick up 8:00-9:30 AM

PLEASE NOTE: Due to various situations and conditions we may encounter, it may be necessary to change the order of activities.