

# ULTIMATE 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 short*
- (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)

## ULTIMATE

- SUNDAY** Campers arrive @ Cheerio Adventures between 2:00-3:00 PM  
Group interaction/ get to know each other  
Issue gear
- MONDAY** Stand Up Paddle Board on New River, NC  
Paddle to overnight campsite
- TUESDAY** Paddle Board to Camp, then canoe through class II rapids  
Return to Cheerio Adventures, NC
- WEDNESDAY** Cave in Speedwell, VA  
Drive to rafting company
- THURSDAY** Ducky ride all day on the New River, WV  
Return to Cheerio Adventures
- FRIDAY** Drive to Grayson Highlands, VA  
Climb at Deception  
Closing ceremonies
- 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.**