

High Adventure Packing List

- Clothing (put in duffle bag):
 - Pajamas
 - Socks for three days
 - Shirts for three days
 - Shorts or pants for three days
 - One outfit you may possibly get wet
 - Water shoes (not flip flops)
 - Gym shoes
 - Poncho or raincoat (if applicable - check weather forecast)
 - Sweatshirt or jacket (optional)
 - Baseball cap or visor
 - Towel & Washcloth
- Personal Items (place in a zip lock bag inside clothing duffle bag):
 - Soap, Shampoo, Conditioner
 - Deodorant
 - Hairbrush/Comb
 - Elastics or other hair accessories
 - Antibacterial wipes
 - Feminine Hygiene products
 - SUNSCREEN
 - Insect repellent
 - Lip Balm
- Bedding (place inside large garbage bag):
 - Sleeping Bag and Pillow
 - Tent (one man if sleeping alone - larger if sharing with friends but you must coordinate and bring one tent for all of you)
- General Stuff (put inside backpack):
 - Scriptures
 - Flashlight
 - Journal or Notebook
 - Pen or Pencil
 - Camera (optional)
 - WATER BOTTLE
 - Personal First Aid Kit
- Misc. Items:
 - Camp Chair
 - Sack Lunch for Thursday Lunch
 - Prescription Medications - if needed (must be in original containers)