

# PACKING LIST

Please Pack Light! Only duffel bags and backpacks. Please, **no suitcases**. We'll be in and out of the water all day so less is more when it comes to clothes.

Please leave your phones at home! There is no cell service or wifi at camp! We are super excited to provide you with a digital detox, this is directly related to our theme. We will be getting in touch with your parents multiple times throughout the week to keep them in the know.

## **Must Haves**

- Sandals
- Dry Shoes (running shoes with some good tread on them)
- Old running shoes / water shoes for canyoneering (shoes you don't mind getting wet)
- Bathing Suit
  - One piece & shorts - female
  - Board shorts - male
- Pants/Sweats
- T-shirts
- athletic shorts
- Hat / Visor
- Bible, Pen, Journal
- Sunscreen
- Water bottle (nalgene, hydroflask, etc.)
- Sweatshirt or Jacket (it can get cold)
- Underwear & Socks
- Beach Towel
- Toothpaste & Toothbrush
- Deodorant & Chapstick
- Biodegradable Soap and/or Wet-wipes
- Sleeping Bag
- Sleeping Pad
- Pillow
- Camping Chair
  
- Tent or Tarp or hammock (hammocks will be difficult if there are a limited amount of hammock-able trees)
- Headlamp or flashlight
- Daypack
- Extra Cash (for lunch stops, shopping, souvenirs etc.)
- wristwatch

## **Optional**

- Long Sleeve Shirt (can be nice at night)
- Diving Mask (can be nice to explore underwater)
- Waterproof Camera
- Mosquito Repellent
- Musical Instruments
- Boardgames / Cardgames
- Rope / Bungee Cords
- PJs
- Any medication must be checked in with a medical leader
- Protein Bars, Candy, Snacks