



Canyoneering Packing List

You will need the following items for your Wilderness Camp experience. Note that there are valuable tips given for each item.

Required Items

Sleeping Bag

Bring a warm sleeping bag. Temperatures can be in the 40s at night.

Clothes

Shirts - lightweight synthetic, preferably long sleeve

Light-colored T-shirts are nice as they retain less heat. **NO TANK TOPS.**
Bring one for every day or less if you desire.

Shorts

Bring at one or two pairs to wear when not in the canyons

Sturdy Pants or Jeans

Multiple pairs, you will want to have extra in case a pair gets wet in a canyon.
The canyons are very rough on clothing, bring pants that you are ok with getting a lot of abrasion.

Underwear Synthetic are best

Socks

Bring one pair for every day you'll be with us. You'll need it!

Rain Gear

Waterproof rain jacket.

Bandanas

Great for sun protection and countless other things

Sturdy Shoes

The area is rocky, sturdy shoes with a sticky sole are best. Tennis shoes are ok.
A thick sole will keep your feet less sore. These shoes could get wet.



- Water Shoes/Sandals**
You will be required to wear these while in the water.
- Lightweight Jacket**
For cold nights/mornings.
- Warm Jacket**
It can get cold after the sun goes down.
- Base Layer**
It can be nice to have a warm baselayer for evenings/mornings, especially if you get cold easily.
- Hat** To help shield from the sun!

All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry. We recommend that you do not bring jeans.

Other Items

- Water Bottles**
Two water bottles carrying about 1 L each.
- Small Carabiners** (for clipping things to your boat)
- Toiletries**
Toothbrush, toothpaste, etc.
- Flashlight/Headlamp (w/ extra batteries)**
- Sunglasses**
- Sunscreen, Chapstick (w/spf), Bug Repellant**
- Bible, Notebook, and Pen**
- Medications**
All doctor-prescribed medications must come in the prescription bottle with directions.



Optional Items

- Beanie** Helps with cold nights – if you get cold easily.
- Camera (w/ batteries)**
- Day Pack or Fanny Pack**
- Leather Gloves**
- Camp Shoes** A comfortable pair of shoes to wear around camp
- A Good Book (or two)** Good to read in the van on the way.
- Pillow**
- Small Dry Bag**
Some of the canyons may have water in them, a small dry bag is handy for cell phones, etc.

Camp Eagle Will Provide

- Tent
- First Aid Kit
- Stove
- Cooking Pots
- Food
- Cooking Utensils
- Bowl and Spoon
- Sleeping Pad