



River Packing List - youth

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

DO NOT bring a big, bulky sleeping bag. Bring one that can be compressed to a small size (tip: go to Walmart and buy a cheap fleece bag for trips during warm months).

Clothes

Shirts - lightweight synthetic, preferably long sleeve

Light-colored T-shirts are nice as they retain less heat. It is best to only take 2 on the river, one for the day and a dry one for the night (we recommend a lightweight, long-sleeved hoody for the day and a dry t-shirt for the night).

Shorts/Pants

Synthetic, quick-drying, 2 pairs (we recommend a swimsuit and a pair of lightweight pants, then add the pants for sun protection when needed). Don't bring jeans or heavy cotton. Lightweight synthetic fabrics are best. A pair of pants or leggings can also be worn for sun protection.

Underwear - 2 pair (synthetic is best for the river)

Rain Jacket

Bring a jacket not a poncho in case it's windy and raining, **This is essential for the trip!**

Bandanas

Great for sun protection and countless other things.

Swimsuits

You will be in and out of the river constantly. A comfortable suit is nice for all day on the river.

Close-toed Base Camp Shoes

The area is rocky and full of spiky plants, so for exploring on shore and for the time back at Camp Eagle, a lightweight pair of tennis shoes would be ideal.



Water Shoes/Sandals

A thicker-soled, durable water shoe for getting in and out of the kayak is preferred. **These will be essential on the river!** Boat shoes or an old pair of tennis shoes work well for this. A pair of sandals to wear when not in the river is also nice to have.

Lightweight Jacket or Fleece

For cold nights/mornings or inclement weather.

Base Layer (top and bottom synthetic long underwear)

Beanie (a necessity for non-summer months)

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. It is nice to have a way to clip your water bottles to your kayak, using a small carabiner or clip.

Small Carabiners (for clipping things to your boat)

Toiletries

Toothbrush, toothpaste, (shampoo, towel, etc. **FOR BASE CAMP ONLY**).

Flashlight (w/ extra batteries)

Sunglasses, Hat

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

- Dry Bags
- Camera (w/ batteries)
- Day Pack or Fanny Pack

Camp Eagle Will Provide

- Dry Bags
- Tent
- Sleeping Pad
- Stove
- Cooking Pots
- Food
- Cooking Utensils
- Bowl and Spoon
- Water Purification
- First Aid Kit
- Boats, Paddles, Seatbacks, PFDs, etc.

DO NOT Bring

- Cell Phones
- Watches
- iPods/Music Players
- Walkie-Talkies
- Electronics
- A Bad Attitude