



River Packing List - adult

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