

Basic Gear for Adventure Outpost Rock Climbing & Kayaking

Luggage:

- Large duffel bag or trunk
- Backpack, 2000-2500 cu. in.

Sleeping:

- Sleeping bag, must be in stuff sack
- Sleeping pad
- Stuff sack for sleeping bag

Camp Clothing:

- 2-3 pair of comfortable clothes that will be stored in trunk or duffel bag during adventures

Adventure Clothing:

- 2-3 pairs of shorts
- 1-2 pairs of pants
- 1-2 Long-sleeve shirts
- 2-3 T-shirts
- 6-7 pairs of underwear
- 4-5 pairs of socks
- Swimsuit (one-piece)
- Sun hat and/or bandana

Rock Climbing Gear:

- Spoon
- Plastic bowl
- Climbing shoes (optional)

Outerwear:

- Rain jacket, waterproof and breathable
- Sweatshirt or light jacket

Footwear:

- Day hiking boots
- Camp shoes such as tennis shoes for use in camp or campsites
- Sandals for creek hike (no flip flops)

Other Gear:

- Bible, journal, pen
- Spare batteries

Travel Accessories:

- 2 One-quart water bottles and/or hydration system
- Flashlight or headlamp
- Pocket knife or multi-tool
- Sunglasses and retainer strap
- Sun block and lip balm
- Toiletry kit (soap, shampoo, toothbrush/paste, etc.)
- Small washcloth and small towel
- Insect repellent

Optional Items:

- Camera
- Spending money (max. \$30)
- Musical instrument

Note: Pack in separate bag a set of clothes to wear home!
This bag needs to fit into your trunk or duffel bag!

DO NOT BRING

CELL PHONE, RADIO, TAPE/CD/MP3/DVD PLAYER, CELL PHONES, TOBACCO, ALCOHOL, DRUGS, FIREWORKS, CELL PHONES, FIREARMS, PETS, GAMEBOYS, WATER PISTOLS, CELL PHONES, EXPENSIVE CLOTHES AND SHOES, AND OTHER VALUABLE PERSONAL ITEMS SUCH AS CELL PHONES OR IPODS.