*High Adventure Packing List*

CAMPING ESSENTIALS

* Sleeping Arrangements – Tent, Hammock, or you need to know whose tent you are sleeping in prior to camp if you do not bring a tent.
* Sleeping Bag, Pillow, Blanket, sleeping mat
* Tarp
* Food – You will be supplying ALL of your own individual food needs for High Adventure, as well as eating utensils/plates/napkins etc. This includes any form of cooking supplies as well.

Monday- Snacks, Lunch & Dinner

Tuesday- Snacks, Breakfast, Lunch; for those staying the night on Tuesday, a snack and dinner will be provided at White Water Express

* Clothing- Change of Clothes: t-Shirt, pants, pajamas, underwear, etc.
  + remember this is an outdoor adventure so bring clothes that can get dirty
* Water Bottle
* Flash Light or Head Lamp or Lantern
* Bug Spray
* Toilet Paper
* Sanitary Products: Deodorant, tooth paste, tooth brush, soap, feminine needs, brush, etc.
* Towel
* Hat and Sunglasses
* Sunscreen

KAYAKING ESSENTIALS

* Modest Swim Suit
* Shorts/T-Shirt or Swimsuit Cover
* Water Shoes (optional)
* Towel

CAVING ESSENTIALS

YOUR CLOTHES SHOULD COVER YOUR ENTIRE BODY TO KEEP YOU (relatively) CLEAN. YOU SHOULD BE AS COMFORTABLE AS POSSIBLE SINCE YOU WILL BE MANEUVERING OVER UNEVEN TERRAIN, ALSO, IT IS IMPERATIVE THAT YOU WEAR STURDY, SECURE SHOES.

* Long sleeved shirts and pants or overalls
* Boots with treads preferred
* Gloves
* Knee pads are great, if you have them.
* An extra change of clothes for after caving
* Plastic bags for trash and muddy clothes for after caving
* Sack Lunch

EXTRAS

* Scriptures
* Journal