



## Gear List Whitewater and Wolves

We'll be outdoors all week. Pack items in a duffel bag. Label and organize your belongings in clear plastic bags or stuff sacks to keep items organized and dry! We'll be in the Wet Valley!

- SACK LUNCH and SNACKS FOR FIRST DAY, full water bottle, rain jacket, book for the ride.
  - \$25-50\* spending money for one lunch, and a souvenir, if permission is given by parents.
- Please put in a small envelope with name and amount. We will collect this before departure.

### **CLOTHING/PERSONAL ITEMS**

- Hiking boots, **broken in** and water-proofed.
- 1 pair of sneakers or sturdy walking shoes (2 pair of sneakers if no hiking boots)
- Water sandals that are secure on foot or old sneakers (**NO flip flops or crocs PLEASE**)
- Socks: 2 pair of wool or polypro; 3 pair of cotton
- Underwear for the week
- Long underwear top (just in case)
- 2 pair of comfortable long pants (zip-off legs, if you have them)
- 2 pair of nylon or quick dry shorts
- 2 long sleeve shirts (for sun)
- 1 quick dry long sleeve shirt for rafting trip
- 3 quick dry t-shirts
- Wool sweater or FLEECE jacket
- Warm hat and light weight gloves
- Rain jacket (**THIS IS ESSENTIAL FOR ALL MISSION:WOLF TRIPS**)
- 2 bandanas
- Personal toilet kit: hand sanitizer, small toothpaste/brush, liquid soap, brush, lotion, band aids, small pack of wet ones,
- 1 each: wash cloth, hand towel, thin bath towel
- Swimsuit
- Insect repellent (Lotion only, please)
- SUN PROTECTION a MUST!** BRIMMED HAT, sunscreen, sunglasses with strap, lip protection
- Prescribed and allergy medications in the ORIGINAL bottle. Store in a LABELED zip-loc bag.

### **EQUIPMENT**

- Day pack to carry hiking gear
- Light-weight polyester sleeping bag with stuff sack. Good to 30 degrees.
- Foam pad or therma-rest
- Ground cloth for tent
- 2 or 3 person **LIGHT-WEIGHT, LOW-PROFILE TENT** if available (to be shared)
- Unbreakable mug, silverware, medium-size bowl and plate in mesh LABELED bag.
- TWO screw-top water bottles
- Small flashlight with extra batteries
- Whistle on a cord to wear around neck when hiking**
- Miscellaneous plastic bags for organizing or dirty clothing

### **NICE TO HAVE BUT NOT NECESSARY**

- Small camera, binoculars, compass
- Please do not bring iPods, electronics, pocket knives, hair dryers, etc.

**Although we will assist students with their belongings, we are not responsible for lost, stolen or forgotten items.**