

THINGS TO BRING for Rafting!

All your stuff must fit in one **medium** size suitcase and one carry-on "backpack-like" bag!

REQUIRED THINGS

- A back pack type bag to carry in the vans with you.
- Bible
- Pen
- Sleeping Bag - must be tied and rolled up
- Sleeping mat or foam pad (pack with sleeping bag) - no air mattresses
- Pillow
- Sturdy Plastic Plate, Knife, Fork, and Spoon
- Tupperware type cup (large)
- Food money for 8 Meals - approx. \$45-\$55 (**Have \$ in carry-on bag!**)
- Mosquito Repellent
- Waterproof Sunblock
- Lip Balm with SPF
- Moisturizer or skin lotion
- Outdoor clothes- Shorts and T-Shirts
- Sweatshirt or Jacket
- Clothes to sleep in
- Swimsuit - Girls: Modest **ONE-PIECE** or **TANKINI** swimsuits ONLY!
Boys: **No saggy shorts**- drawstrings are most helpful
- Board Shorts - Girls will want to wear shorts over swimsuits while rafting
- 2 Towels (one for showers, one for swimming)
- Toothbrush & toothpaste
- Toiletries (Deoderant **PLEASE!!!**)
- One roll of toilet Paper (just in case!)
- Flashlight
- Hat (that can get wet or lost)
- Baby Wipes
- Sandals or some type of shoe to wear around camp
- An extra pair of old shoes to wear rafting (no open toed shoes or sandals for this)
- Old socks designated to get wet & wear with your old shoes (to avoid blisters)

OPTIONAL STUFF

- Camera (Water resistant) - put your name on it
- Rash guard or Under Amour-type shirt for under life vest
- Sunglasses - that you can lose or bring \$1 to buy at \$1 Store
- Extra Spending money for snack stops, junk, and camp T-Shirts/Sweatshirts
- Travelling Group Games to play in the vans
- Motion sickness medicine "Dramamine"
- Water Bottles or Cantine for the van ride
- Candy and snacks for the van ride

Things NOT to Bring!!!

- iPods or MP3s
- Handheld video games
- Skateboards/roller blades
- Magazines
- Any Kind of weapons (knives, BB guns, sling shots, etc.)
- Lighters or fireworks
- Water Toys
- An Attitude!
- Anything that you can't replace!