



CLOTHING		PARENT CHILD WEEKEND
Close toed shoes or athletic sneakers		1
Camp shoes		1
Jacket or windbreaker (can double with raingear)		1
T-shirt		1
Shorts		1
Underwear		1
Cotton socks		1
CAMPING GEAR		PARENT CHILD WEEKEND
Lunch		1
Water bottle/ Nalgene		2
Eating utensils and a mess kit or sturdy bowl and cup		1
Bug Spray		1
Sleeping bag		1
Pillow		1
Small flashlight		1
Extra batteries		2
Personal toiletries		1
Daypack/ Small backpack		1
Rain Gear		1
PADDLING DAY		PARENT CHILD WEEKEND
Swimsuit		1
Light, waterproof layers for sun protection		1
Closed-toed shoes – NO CROCS!		1
Towel		1
Sunscreen (at least 30 SPF)		1
Clean change of clothes		
OPTIONAL ITEMS		PARENT CHILD WEEKEND
Camera/film		1
Book		1
Journal		1
PLEASE DO NOT BRING		PARENT CHILD WEEKEND
Cell Phones		0
iPods		0
Electronics		0
Knives		0
Jewelry		0
Expensive Personal Belongings		0