

Adventure Camp Rock Climbing Trip Participant Packing List

- Lunch for Wednesday w/ a drink ** Participants must keep with them.
- Two 1 quart water bottles
- Sleeping bag
- 2 pair shorts (w/ 6" inseam)
- 2 t-shirts
- 1 long sleeve shirt
- 1 pair pants
- 1 rain jackets
- 2 pair underwear
- 3 pair socks
- insect repellent - roll on stick or lotion - NO SPRAY!!
- sunscreen
- day pack to carry lunch, water, and some climbing gear
- swimming suit
- towel
- toiletries (there are showers available)
- flashlight with batteries

Optional Items

- camera & film
- small pillow (no bed pillows please)
- book or journal

Please pack lightly. Space in the van is very limited. In addition to the participants' gear, we must also pack all of our food and climbing gear.