

NEW RIVER EXPERIENCE PACKING LIST

Code:

- *- available at trading post. View apparel offerings in advance at GardenGroundOutfitters.com
- S- Share with buddy
- F-Female participants

Equipment	Qty	Comments	Code	Check
Upper Body				
Sweater	1	like a light fleece sweater	*	
Jacket	1	light jacket for evening	*	
Rain Jacket	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.	*	
Rain Pants	1	Sturdy and waterproof, with a hood, coated nylon and breathable fabrics are acceptable.		
Shirt-Short sleeve	3	Moisture wicking. 1 cotton for camp. 2 synthetics for river. SPF for river.	*	
Shirt- Long sleeve	1	Moisture wicking, no cotton or nylon. SPF. (For Sunshade)	*	
Sports Bra (F)	2	Synthetic	F	
Lower Body				
Long Pants	1	Not denim jeans, synthetic material that works on river. SPF. (For Sunshade)		
Underwear	3	Cotton is fine		
Hiking Shorts	2	Cotton is fine	*	
Swim Trunks	2	For aquatic activities		
Head Neck and Hands				
Baseball cap or wide brim hat.	1	Sun protection for face and ears.	*	
Beanie	1	No cotton. No ball on top (to fit under helmet) optional if you are very cold natured or concerned.		
Packs and Bags				
Gallon zip lock bags	6	For waterproof storage.	S	
small stuff sacks	2 to 3	Pack personal items/organize.		
Shower/toiletry bag	1			
Sleeping Gear				
Sleeping Bag	1	Packable in a compression bag.	*	
Sleep clothes	1 set	T-shirt and gym shorts worn only to bed. Cotton is fine.	*	
Sleeping pad	1 (Recommended)	Compact. No oversized pads.		
Pillow	1	Compact. Optional	*	
Footwear				
Socks	3 pair	2 pair cotton. 1 pair synthetic or wool.	*	
Camp Shoes	1 pair	Lightweight sneakers work best.		
Water shoes	1 pair	Closed toed water shoes "keen style". Optional pair of opened toed river sandals. See Footwear .	*	
Miscellaneous				
Water bottle	32 oz.	"Nalgene" style. Durable lid with ability to be attached with a <u>locking</u> carabineer. If concerned about breakage, bring a backup.	*	

Locking Carabiner	1	Screw type is best. Wider opening preferred for dealing with water bottles and such. Only 1 required but bring another if desired.	*	
Mess Kit	1	Plate with lid, knife spoon fork. See Mess Kits	*	
Pocket knife or multi tool	1	Small knife will work. Accessible at camp only.	*	
Flashlight/headlamp	1	Durable, bring extra batteries	*	
Bandana	1		*	
Money	\$60.00	For on-site time at the Summit (trading post or snacks)		
Lip Balm	1	Moisturizing balm with SPF-25 or greater.	*	
Soap	1	Any style, eco-friendly preferred	*, S	
Sunscreen	1	Enough for the week	*, S	
Aloe	1	Can be included in the Crew First Aid Kit	*, S	
Poison Ivy Medicine	1	Types: Calamine, Tecnu, Zanafel Can be included in the Crew First Aid Kit	*, S	
Toothbrush	1		*	
Toothpaste	1		*, S	
Towel	quick dry		*	
Tampon/pads			*, F	
Sunglasses	1	With a retaining strap.	*	
Watch	1	optional		
Camera	1	If for river, needs to be waterproof.	S	
Foot powder	1		*, S	
Notepad and pen	1		*, S	
Insect repellent	1		*, S	
Fishing Equipment	1	See Fishing section. Optional		
CREW EQUIPMENT				
Equipment Provided by Crew				
Crew First Aid Kit	1	Minor. Band Aids, alcohol wipes, antibiotic ointment etc.		
Duct Tape	1 roll	For equipment repair	*	
EQUIPMENT PROVIDED BY THE SUMMIT				
Equipment Provided by Summit				
9' x 9' Dome tent	2 people per tent	Ground Cloth Included		
Camp Dry Bag	1 per person	110 liters		
Day use dry bag	1 per person	5 liters		