

# SUMMER - DA STUFF TO BRING

Anything you bring might get wet or lost, so leave anything of great value at home.

## What

SANDALS/OLD SHOES  
DRY SHOES  
SWIMSUIT / SHORTS (NYLON)  
DRY SHORTS  
PANTS / SWEATS  
T-SHIRT  
HAT / VISOR  
DRY CLOTHING  
PERSCRIPTION MEDICATIONS  
BIBLE

## Why

To get wet in (Sandals need an ankle strap. Avoid "water socks" on non-rafting days)  
Something dry to change into  
To get wet in (Please keep it modest/appropriate for athletic activity)  
Something dry to change into  
Loose and comfortable  
Comfortable  
To block the sun  
You may get wet (hence Rock-N-Water)

## Optional

Sun screen (optional)  
Water bottle (optional)  
Rash guard (optional)  
Diving mask (optional)  
Waterproof flash light (optional)  
Waterproof camera (optional)

It's sunny out there  
For use around camp. We'll bring water for you on adventures,  
  
To explore underwater on **Rock Climbing** or **Canyon days**

## If Spending the Night

CHANGE OF CLOTHES  
WIND BREAKER  
SWEATSHIRT / WARM JACKET  
UNDERWEAR  
SOCKS  
T-SHIRT  
TOWEL  
TOOTHPASTE & TOOTH BRUSH  
SOAP  
SLEEPING BAG & PAD  
PILLOW  
TENT OR TARP  
DUFFLE BAG  
FLASH LIGHT

Something dry to change into  
Rain resistant if possible  
It can get cold and night and in the morning  
Don't leave home without 'em!  
Dirty socks are dirty  
Your other T-shirt might get wet  
To dry off with after a swim or a shower  
Morning breath  
Our guides may smell, but you dont have to  
Bag to sleep in and the Pad to sleep on.  
Its better with just one  
We recommend sleeping outside, Our staff do it all summer long.  
To put everything into

## Optional Night Stuff

Mosquito Repellent (optional) Can be helpful (but read the warning label)  
Musical Instrument (optional) We like music

## Optional for Leaders or as a group

Laundry Line For drying clothes  
Board/Card Games We don't give much free time, but can be handy if your group likes it

## If coming during the spring or fall (bring it if you have it)

Wool Socks, Wool Sweater, Poncho/Rainjacket, Wetsuit And Booties, Warm Hat

NOTE: ALL PIANOS, TROMBONES, AND KAZOOS ARE WELCOME. BUT ALL SATELLITE-DISHES, CELL PHONES, ELECTRONIC GAMES, TV SETS, MUSIC PLAYERS AND JUNK FOOD/DRINKS.

