



Suggested Student Packing List

Adventure Bound Camping and Rafting Weekend

May 17 - 19 2024

When packing for outdoor activities, it is best practice to avoid cotton clothing, as it absorbs and retains moisture, leaving you wet and typically making you colder. Be sure to pack synthetic materials whenever possible, especially for wearing when rafting. Preferred fabrics are polyester, nylon, or spandex, and wool/ wool blends.

Upper Body Layers			
Item	Amt	Comments	Packed?
Shirt	2-3	At least one synthetic	
Long sleeve	2	Synthetic preferred	
Mid Layer	1	Fleece or wool sweater	
Top Layer	1	Thick fleece or puffy jacket	
Rain Jacket	1	Should fit over layers	
Sports bra	2	As needed	
Sun hat	1	Baseball style or full brimmed	
Warm hat	1	Beanie or wool	
Warm gloves	1 pair	Lightweight	

Lower Body Layers			
Item	Amt	Comments	Packed?
Shorts	1	Hiking or athletic style	
Pants	2	Synthetic material - Hiking or athletic style	
Long underwear	2	Wool or synthetic. Leggings can be a good option	
Underwear	1/ day	Bring a few extra pairs	
Hiking socks	3	Wool or synthetic preferred	
Shoes			
Item	Amt	Comments	Packed?
Hiking boots	1	Or athletic sneakers for day hikes	
Water shoes	1	Old sneakers or sandals with heel strap	
Camp shoes	1	Crocs, Chacos, etc. for hanging out in	

Sleep System		
Item	Comments	Packed?
Tent	Check with your outdoor club what the plan is	
Sleeping bag	Synthetic or down, rated to 20 degree	
Sleeping pad	Closed cell or inflatable	
Sleep clothes	Cotton shirt and sweatpants	
Pillow	Optional	
Toiletries		
Item	Comments	Packed?
Toothbrush		
Toothpaste	Travel sized	
Sunscreen	Travel sized works	
Bug Spray	At least 20% DEET recommended	
Tampons/pads	As needed	
Glasses or contacts	Bring glasses strap or contact solution	
Prescription medications	As needed	

Additional Gear		
Item	Comments	Packed?
Headlamp or flashlight	With new batteries and spare	
Water bottle	1-2, refillable	
Towel	For after rafting	
Camping bowl and utensils	Tupperware works great! Also Check with your club if they are packing	
Day bag	For day hikes	
Optional		
Item	Comments	Packed?
Book/ journal	With pen or pencil, if needed	
Camp chair		
Hammock	Limited spots to hammock camp	
Cards or other game	Non - electronic	
Personal trail snacks	For day hikes	
Sunglasses	With glasses strap	
Small dry bag	If you have one, for rafting	

Notes about Whitewater Rafting

- Adventure Bound will provide every person with a life jacket, wetsuit, booties, helmet and paddle. Some life jackets will have pockets but they are not waterproof.
- Phones will get wet. Don't plan to bring it.
- If you have a *small* [dry bag](#), we recommend bringing it for an extra layer (rain coat) and snacks. Make sure to seal it properly- if you don't know- ask! You can clip the dry bag to the raft.
- If you plan on bringing a water bottle with you while rafting also bring a carabiner to attach it to the raft.
- If you have glasses, be sure to have [glasses straps](#) (such as Croakies or Chums) or some way to attach them to you. There's a chance you may lose them if you fall in.
- We recommend a towel and a warm change of clothes for after rafting.

