

Outdoor Orientation Program Pack List

RIVER (Canoe Camping)

Upper

- 1 long-sleeve, insulating top (wool, fleece, synthetic)
- 1 Waterproof jacket (non insulated)
- 1 Long-sleeve base layer top (non-cotton, wicking)
- 1 Short-sleeve base layer top (non-cotton, wicking)

Lower

- 1 Pair - comfortable, close-toed athletic shoes (will get wet)
- 1 Pair - camp shoes (close-toed)
- 2 Pairs - hiking socks (non-cotton preferred)
- 1 Pair - athletic pants (non-cotton preferred)
- 1 Pair - base layer bottoms (such as long underwear or running tights, non-cotton)
- 1 Pair - shorts
- 2 Pairs - underwear (non-cotton preferred)

Other

- 1 32oz. water bottle (FILLED)
- Toothbrush/toothpaste
- Hygiene items
- Medications (if you have an emergency inhaler, epi pen, or other similar items, please let us know)
- Headlamp or flashlight
- Sunglasses
- Hat

Recommended

- Sunscreen
- 1 Winter hat
- Bathing suit for nearby swimming hole