



Backpack/Raft Trip What to Bring List

WHAT TO BRING: (remember, less weight is usually better)

- HANDWRITTEN GOALS
- Clearly labeled medications and Physician's Authorization Form, if bringing prescriptions. Unless absolutely necessary, please do not bring non-prescription items.
- Signed Health Form (by parent/guardian if you are under 18)
- Signed Informed Consent Form
- Bible (small NIV if possible)
- Paper, pen and/or pencil
- Sleeping bag: be sure that your sleeping bag is warm but small and compact. A large bag will consume your packing space.
- Flashlight (check batteries)
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- Hand Sanitizer
- 1 or 2 plastic garbage bags (these serve many purposes)
- Big Ziplock bags to pack clothes in to keep dry and organized
- Personal items that you know you will need
- Hat for protection from the sun
- Small towel and washcloth
- 1 pair of hiking boots (lightweight & broken in)
- A second pair of shoes to be kept dry, worn in campsite and for time on the river (sandals or tennis shoes)
- Modest one-piece swimsuit
- 1 pair of long pants
- 2 pairs of shorts (prefer quickly drying shorts)
- Underwear
- Socks (2-4 pairs)
- 2 T-shirts (prefer quickly drying shirts)
- Wool sweater or something comparable for warmth
- Rain gear, top and bottom (top is most important)
- Your own drinking mug or cup
- Your own unbreakable plate and eating utensils
- Glass Straps for prescriptions glasses
- Extra set of clothes for your last night at camp and your trip home. This will be kept in your luggage and stored in a safe place while you are on your trip.

OPTIONAL ITEMS: Sunglasses, camera, extra water bottle (**FS will**

KEEP IN MIND: Everything you need will be carried in your **backpack, which is provided.** In addition to your personal gear, you will be expected to carry some food, and some of the camping equipment that you and the group will need. Leave some space in your pack for some of those items. Your **sleeping bag** should fit into a waterproof stuff sack approximately 9" X 20", with a rating of 40°. You may purchase a sleeping bag for \$35.

APPEARANCE GUIDELINES:

- Clothing with questionable words or graphics is not to be worn.
- All clothing is to be modest and non-revealing (no tight-fitting clothes, low-cut necklines or backs, excessively short shorts, no bare midriffs).
- All tops must have straps at least one inch wide.
- Undergarments must be worn and should not be visible.
- Swimsuits for gals are to be modest, one-piece suits made of non-revealing material or modest two-piece suit covering the midriff. Swimwear for guys must be of the trunk style. Swimwear is to be worn at the beach and going to and from the beach only.

WHAT NOT TO BRING: Cell phones, electronic games, illegal drugs, alcohol, tobacco products, fireworks, and firearms

FOREST SPRINGS PROVIDES: Tents, sleeping pads, cooking equipment, food, camping gear, and first aid.

ITEMS TO RENT OR BUY:

Rent: Thermarest \$10, Crazy Creek Chair \$5,

Ren/Buy: Rent Thermarest and buy a sleeping bag, \$40

Buy: Sleeping Bag \$35, Pillow \$15, Sunglass Strap \$2. Mosquito Nets \$5, Sticker \$2, Rain Poncho \$1

give you a water bottle to keep)