

# Explorers Packing List



## DAILY PACKING LIST

Come Wearing::

- T-shirt
- Athletic shorts (or zip-off hiking pants)
- Athletic underwear & socks
- Closed-toed shoes or hiking boots (no open-toed sandals)

Bring:

- Backpack, containing the following:
  - Lunch w/ 1-Liter Water Bottle
  - Rain jacket (and rain pants, if you have them)
  - Swimsuit, sandals, towel w/plastic shopping bag
  - Hat
  - Sunglasses
  - Sunscreen
  - Bug repellent



## Ipswich River or Chebacco Lake Canoe Adventure

Come Wearing:

- Swimsuit, and/or athletic shorts (or zip-off hiking pants)
- T-shirt
- Closed-toed shoes that can get wet (no open-toed sandals)



## Red Rock Outdoor Climbing Adventure

Come Wearing:

- T-shirt
- Athletic shorts (or zip-off hiking pants)
- Athletic underwear & socks
- Closed-toed shoes or hiking boots (no open-toed sandals)



# Explorers Overnight Packing List



## Bring:

- Backpack, containing the following:
  - Lunch for Thursday w/ Two 1-Liter Water Bottles
  - Rain jacket (and rain pants, if you have them)
  - Hat
  - Sunglasses
  - Sunscreen
  - Bug repellent



## Overnight Clothes:

- Clean underwear & Clean socks (one or two extra pairs)
- Pants for chilly evenings
- Fleece top/hoody for chilly evenings
- Swimsuit, sandals, & towel

## Overnight Essentials:

- Medications and permission to administer
- Toothbrush and Toothpaste
- Deodorant & other personal toiletries
- Plastic shopping bag for damp/wet swimsuit
- Headlamp or flashlight with batteries



## Optional:

- Sleeping bag (Adventure Camp can provide a sleeping bag)
- Small pillow
- Camera with batteries
- Cards/Frisbee/etc.
- Snacks to share



***Please leave your smartphone, iPod, smart watches, video games, and other personal electronics at home,*** so that we can focus on our community, and enjoy each day's adventure more fully!