



EAC- River Trip Packing List

Footwear:

- Dry camp shoes (short hiking boots/ tennis shoes)
- Wet travel shoes (old tennis shoes/ chacos/ water shoes)

Clothing: (think small, avoid cotton, and light-colors to reduce bugs!)

- Underwear and socks
- (1)- Light pants (unlined windpants work well)
- (1)- Long-sleeved shirt
- Swim suit/ or shorts
- Watch
- (2)- Short-sleeved shirts
- (2)- Warm fleece tops or wool sweater
- Rain gear (avoid poncho type) to also be used as wind-shell
- Brimmed hat & sunglasses

Personal Hygiene: (all items should fit in a one qt. ziplock bag)

- Small handtowel/ washcloth
- Personal medication
- Biodegradable shampoo/ soap
- Comb or brush
- Feminine hygiene products
- Bug spray (Deet type recommended)
- Toothbrush/ Toothpaste
- Deodorant
- Sunscreen (High SPF)

...all other camping equipment (tents, etc.) will be provided by the EAC

Camping:

- Small flashlight/ headlamp & extra batteries
- (2) One-quart Nalgene/ water bottles/ or hydration packs
- Durable plastic travel mug, plate, bowl, utensils
- Sleeping bag & ground pad (available for rent @ EAC)
- Mini-notebook & pen/pencil
- Favorite snacks (less than a one-quart bag)

Traveling:

- Cash for food stops
- A few snacks for the road

Optional:

- Belt, fanny pack, bandana
- Bug-proof headnet
- Multi-tool
- Camera w/ spare batteries
- Fishing pole and mini-tacklebox

Do Not Bring...

- *cosmetics (make-up)
- *mp3-players
- *radios
- *cell phones
- *pillows
- *game systems
- *anything not included in this list!!!