

PACKING LIST (canoe trip)
(Please label everything with your name)

Do bring:

(In large ziplock bags is best)

- * two-liter bottles or canteen/ camelback that is convenient to carry and drink from on-the-go (must be able to carry 4 liters total)
- *Sunscreen (Minimum SPF 30)
- *Bug Spray!!
- *Flashlight
- Swimsuits (one piece or dark t-shirt to cover)
- Sleeping bag or sheets/ bedding/ pillow
- Water Shoes that can get wet and be worn all day- **Not just flip-flops or sandals**—must have protective footwear that can be submersed in the water or deep mud!
 - Plus extra footwear. (flip flops or sandals are great to have in addition to the protective shoes that are needed for activities in the water)
- Towels (2 or 3)
- Clothes *that can get dirty !!! Stains likely!!*
- Dark T-shirts (especially important for girls)
- Toiletries (toothbrush, DEODORANT, soap, etc.) -soap on a rope is great!
- Hat (able to get wet, dirty, or crushed)
- Shorts
- long pants and a sweatshirt or light jacket (even in summer, nights can get cold after a rainstorm!)

*Optional >> Nice to have:

- Pocket-Knife or sheath knife
- **5 gal buckets or waterproof gear bag**
- Lighter/waterproof matches
- *mesh “laundry bag” or small backpack to keep items handy while canoeing (sunscreen bug spray, water bottle, etc)
- Glow sticks
- Notebook
- Pen
- * Sport bottle/**camel back or other hydration pack**
- Mosquito head net
- string/rope and small carabiners
- Flip flops/sandals or crocs
- Sleeping pad/small air mattress
- **Extra set of clothes in xtra duffle to leave at Lake Aurora for last day
- Water-proof camera
- More bug spray!

- Whistle
- Compass
- Rain coat/poncho –cheap one –may get ruined
- Personal first aid kit (no oral meds)
- small camp stool

***Do NOT bring:**

- Electronics-CD players/stereo/walkman/hand-held video games, etc.
- Cell phones
- Expensive jewelry
- Fireworks
- Hair dryers, curling irons, etc.
- Expensive/delicate clothing or other items

Please try to comply with this packing list. While on this adventure, low maintenance “tough” clothing is needed. Also, modesty is very important. Please ensure that all clothing and swimwear is modest in nature and not promoting themes which are contrary to a positive Christian atmosphere. If your pants are too loose, bring a belt! (We do not need to know the style or color of your underwear!) Please clearly label all clothing and personal belongings with permanent marker because items often end up being mixed together. **Did I mention bug spray?!**

Bathing Suits: This topic can be sensitive, but needs to be addressed. We will be very active and do not want any “awkward moments”. Modesty is a very important aspect of the Christian atmosphere we want to promote together.

For boys, the matter is pretty simple.....swimwear should be loose enough to allow freedom of movement not be “form” fitted. The important key for boys is having a draw-string to be sure nothing comes off or rides low unexpectedly.

For girls, things can be more complicated, especially in these days of “cheeky” styles. There is no “one-size-fits-all” rule that can be applied, and we certainly do not want campers to feel like they should be ashamed of their bodies or that they have to hide the fact that they are a female.

Please avoid anything that requires strings, knots, or ties in order to stay in place. Lake Aurora standards call for a one-piece suit, although some of those can be more provocative than some two pieces. If you decide to go with a two-piece suit (which may make certain things easier in the woods), please plan to wear something over it (non see-through). My daughter wears a “rash-guard” that came as part of her suit; it is lightweight and gives protection from the sun as well. Lightweight, simple running shorts are an excellent addition to your swimsuit to maintain dignity during very active and rugged events. When you select swimwear, please remember that you may be in it most of the day and it should keep personal areas well covered no matter how intensely we work and play. It is always good to have more than one swimsuit or option.

Packing for the river is best accomplished by placing complete outfits in a large ziploc bag that is sealed with all the air removed. Ziplocs can then be placed in a heavy duty trash bag as a liner and then put in a five gallon bucket or large waterproof bag.....if you can pull out one single gallon bag that has shirt, shorts, and undies together, that is a win! You do not want to have to dig through multiple places to find something to wear when you are in a hurry or it is raining.

Sleep gear can be packed similarly. We will spend two nights on the river and personal gear should fit in the space of two buckets -and small additional bag that can easily be accessed while canoeing. Additional shoes, clothing, bedding, etc can be brought and packed separately to be used while we are at Lake Aurora. (an additional towel and set of clothing can also be left on the bus to be dry when we pull off the river at the end point)

Please hydrate well before coming to camp and expect to have a great time! We will find plenty of time for worship and personal devotions as well.

If you have any questions about this list or any other concerns, please feel free to contact me at 863.781.7027

Thank you,

Randy Garland
Program Director