

Whitewater 2025

THINGS TO BRING

NOTE: All of your stuff must fit into one medium sized suitcase and one carry-on "backpack-like" bag. (This does not include your sleeping bag, etc.)

Required Things

- Backpack carry-on bag or something similar to carry in the vans
- Bible
- Pen
- Sleeping bag; must be tied and rolled up (labeled with name)
- Sleeping mat or foam pad; pack with sleeping bag (*No air mattresses!*)
- Pillow (labeled with name)
- Sturdy plastic plate, knife, fork, and spoon
- Large plastic cup
- Money for 8 meals while on the road (approximately \$50-\$60); keep in carry-on bag
- Mosquito repellent (Deet is the best)
- Waterproof sunblock
- Moisturizer or lotion
- Outdoor clothes; shorts and t-shirts
- Sweatshirt or jacket
- Clothes to sleep in
- Swimsuit
 - Girls: 1-piece or tankini swimsuits only
 - Boys: No saggy shorts – drawstrings are helpful
- Board shorts to wear while rafting
- 2 towels; 1 for shower and 1 for swimming
- Toothbrush and toothpaste

- Toiletries; deodorant please!
- Flashlight
- Hat that can get wet and/or lost
- Baby wipes or body wipes
- Sandals or shoes for around camp
- Old pair of tennis shoes to wear rafting (no open-toed shoes or sandals for this) or water shoes/water socks
- Old socks to wear with old shoes (helps with blisters)
- WATER BOTTLE (labeled with name)

Optional Stuff

- Rash guard or Under Armour-type shirt to wear under life vest
- Sunglasses that you are willing to lose or bring \$1 to buy a pair at the Dollar Store
- Extra spending money for snack stops,
- Group travel games to play in the vans
- Motion sickness medicine like Dramamine
- Candy and snacks for the van rides

Things NOT to Bring

- Any kind of weapon; knives
- Water toys
- A bad attitude
- Anything you can't or are not willing to replace