

Packing List for Overnight Trips

- ✦ **Sleeping Bag (sleeping bag liner too if you get cold easily)**
- ✦ **Bathing Suit**
- ✦ **Non-cotton clothing such as nylon, polypro, and other man made fabrics**
- ✦ **2 pair of shoes (one for the water and one dry) – not sandals or flip-flops**
- ✦ **Water Bottle**
- ✦ **Flashlight / Headlamp & Extra Batteries**
- ✦ **Sun Screen**
- ✦ **Insect Repellant**
- ✦ **Towel**
- ✦ **Rain Gear (tops & bottoms)**
- ✦ **Personal Hygiene Items (environmentally friendly soap)**
- ✦ **Medications (epi pen, pills, inhaler, etc)**
- ✦ **Extra Set of Eyeglasses or Contacts**
- ✦ **Personal Backpack**
- ✦ **Watch with Alarm**
- ✦ **If planning to fish, pole & tackle & license**

Three Rivers Will Provide Tents & Sleeping Pads