Summer Clothing & Equipment List

For the **Safety** and **Comfort** of you son or daughter it is **extremely** important that they bring **everything** in the "**You Provide**" list below. If you have any further questions please call us

Explorations Provides:

- Toilet Paper
- Toothpaste
- Razors and Shaving Cream
- Shampoo and Conditioner
- 1 Ground Tarp
- Soap
- Laundry Soap
- Feminine Hygiene Products
- Sun screen and lip balm
- 1 Flashlight

You Provide:

- 1 Internal Frame Backpack (5000 - 5400 cubic inches)
- 1 Synthetic Sleeping Bag (0 degree rating)
- 1 Compression Stuff Sack for Sleeping Bag
- 1 Full-length Sleeping Pad (Insolate or Thermarest)
- 1 Long Sleeved Tee-Shirt (not cotton)
- 1 Medium Weight Long Underwear Set (100%polypropylene)
- 3-4 Pair Shorts
- 1 Pair Hiking Pants
- 1 Fleece Jacket
- 1 Wind and Rain Jacket (ventable or breathable)
- 1 Pair of Wind and Rain Pants
- 1 Water Bottle (1quart size)
- 1 Pair Hiking Boots (Medium Weight)
- 5 Pair Socks (100% wool/polyester blend)
- 2 Pair Sock Liners for Hiking
- Type III PFD & river rafting compatible (Personal Floatation Devise) Head rest preferred
- 1 pair gaiters
- 8 Pair Underwear
- 1 Functional Swimsuit
- 1 Pair Sturdy Water Sandals
- 2 synthetic Tee-Shirts (No Logos)
- 2 Cotton Tee-Shirts (No Logos)
- 1 Pair of Sunglasses
- 1 Bath Towel
- 1 Toothbrush with travel case
- Lotion/Cream
- Journal/diary and pens (5x7 steno pad)
- 1 Sun Hat (Full Brim)
- 1 Wool Hat
- 2 Bandanas
- 1 Pair Wool or Fleece Gloves
- 1 Clothing Stuff Sack
- 1 Pair Athletic Shoes – Old tennis shoes are O.K
-

Items Participants Should Not Bring:

- Flashlight
- Knives
- Cigarettes/lighter/matches
- Food/Snacks/Candy
- False Fingernails
- Ripped or Torn Clothing
- iPod/Music
- Jewelry/Watch
- Perfumes/Colognes
- Soap/Deodorant
- Illegal Substances
- Drug Paraphernalia
- Hair spray
- Make-up
- Books/Magazines
- Pictures
- Money/Credit Cards
- Clothing with Logos or offensive gestures