General Supplies for the 9th Grade 4-DAY Trip

**Packing List:**
- Personal toiletries
- Toilet paper (1/4-1/2 roll)
- Small and large plastic bags (for trash and to hold gear in case of rain)
- Bug repellant
- Food for 3 breakfasts and 3 lunches (need to be non-perishable/specific ideas are given during the trip orientation and on the suggested food link)
- Shorts, t-shirts, underwear, socks (info given during orientation/see below)

**Equipment List for Backpacking:**
- Backpack with frame and snug fitting hip belt (internal or external frame)
- Lightweight sleeping bag with stuff sack Sleeping pad ($7 type are fine)
- 2 pairs of wool or synthetic socks 1 pair of shorts 2 t-shirts Underwear for 2 days
- Toilet paper (1/4 roll)
- Lightweight jacket or fleece
- Hiking shoes or sneakers and Lightweight shoes or sandals for camp
- Lightweight rain jacket or poncho
- Bowl, cup, spoon, fork Small flashlight 2- 1 liter (32oz) water bottles
- Bandana or small towel Pocket change (we sometimes stop for a drink) 2 breakfasts, 2 lunches, and snacks (Note: pack as little as possible—you have to carry this pack 12-14 miles)

**Equipment List for Canoeing or Tubing:**
- Small bag to carry lunch, water and sunscreen.
- Old sneakers, water shoes, or sandals
- Sun hat (Lightweight jacket or poncho if it rains)
- Bathing suit or quickly drying shorts
- Sunscreen, bug repellant Small towel
- Bicycle or canoe gloves (optional)
- 2- 1 liter (32oz) water bottles
- Toilet paper (1/4 roll)