



Packing List

For Day Trips:

- Water bottle x2
- Small backpack or fanny pack to hold water and snacks
- Hiking shoes (closed toe)
- Flip-flops or sandals
- Light jacket (rain jacket if you have one)
- Sunscreen
- Insect Repellant
- Layers of clothing (t-shirt, long sleeve shirt, etc)
- Bible, other books, writing utensil, blank paper (optional)

For Overnight Trips:

- Everything listed under Day Trips, plus
- Pillow
- Toothbrush, toothpaste, & other personal hygiene items
- Towel
- Set of clothing for each day

For Canoeing Trips:

- Everything listed under Day Trips, plus
- Sandals with heel-strap OR water-shoes
- Synthetic (such as polyester) clothing for quick dry-time; try to avoid wearing cotton-based clothing
- If overnight, refer to Overnight Trip list as well

*Group gear such as cooking supplies, dishes and eating utensils, tents, sleeping bags, ground pads, headlamps, lanterns, and lifejackets will be provided by Ascend Outdoor Adventures for use during your trip.

**Use of personal gear in place of group gear listed above is at each individual's discretion, and is the sole responsibility of the owner.

***Personal medications must be listed on the Medical Form and are the sole responsibility of the prescribed user or his/her legal guardian.