

THINGS TO BRING for Rafting!

All your stuff must fit in one *medium* size suitcase and one carry-on "backpack-like" bag!

Required Things!

- A back pack type bag to carry in the vans with you.
- Bible
- Pen
- Sleeping Bag - must be tied and rolled up
- Sleeping mat or foam pad (pack with sleeping bag)
- Pillow
- Sturdy Plastic Plate, Knife, Fork, and Spoon (No "all-in-one units!")
- Tupperware type cup (large)
- Food money for 12 Meals - approx. \$60-\$70 (Have \$ in carry on bag!)
- Mosquito Repellent!
- Waterproof Sunblock
- Lip Balm
- Moisturizer or skin lotion
- Outdoor clothes- Shorts and T-Shirts
- Sweatshirt or Jacket
- Clothes to sleep in
- Swimsuit - Girls: Modest **ONE-PIECE** swimsuits ONLY!
- Board Shorts - Girls will want to wear shorts over swimsuits while rafting
- 2 Towels (one for showers, one for swimming)
- Toothbrush & toothpaste
- Toiletries (Deoderant **PLEASE!!!**)
- One roll of toilet Paper (just in case!)
- Flashlight
- Hat (that can get wet)
- Baby Wipes
- Rafting Shoes (No Sandals - Closed toe, laced up shoes)
- Rafting socks (socks that can get wet to avoid blisters)

OPTIONAL STUFF

- Camera (Water resistant)
- Sunglasses
- Extra Spending money for snack stops and junk
- Travelling Group Games to play in the vans
- Motion sickness medicine "Dramamine"
- Cantine (Water Bottle)

Things NOT to Bring!!!

- Stereos of any kind
- Game Boy types games
- Skateboards/roller blades
- Magazines
- Any Kind of weapons (knives, BB guns, sling shots, etc.)
- Lighter or fireworks
- Water Toys
- An Attitude!