

RANGERS SESSION PACKING LIST

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

“Better to have, and not need, than to need, and not have.” — Franz Kafka

- CLOTHING:**
- (2) Long pants, one lightweight (nylon wind pants work well) – *Use rain pants as one of these or convertible pants that zip off into shorts*
 - (5) Shorts
 - Fleece sweater or other that has moisture wicking ability
 - Set of long underwear, top and bottom (we suggest polypropylene or capilene) – *It may be summer but it can still get cold.*
 - (6) Socks, (we suggest wool socks OR synthetic socks)
 - (6) Underwear
 - (7) T-Shirts
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Rain Gear, rain jacket and pants
 - Hat (baseball cap is good for helping with sun, and a winter hat for hiking/camping when cold)

- FOOTWEAR:**
- Old shoes or water sandals like Chaco’s or keens (**NOT CROCS**) for river day, **must** fasten securely (will get wet)
 - Pair camp shoes – tennis shoes, hiking shoes or trail shoes

- TOILETRIES:**
- Toothbrush/paste
 - Shampoo and Soap with soap box
 - Deodorant (NO aerosols)
 - Comb/Brush
 - Feminine hygiene supply

- OTHER:**
- Laundry bag
 - Bring a spoon – *If you don’t bring one you can get a spork in the store.*
 - Bowl
 - Day pack/small book bag – *If you don’t bring one you can get one in the store.*
 - 2 Water Bottles – *If you don’t bring one you can get one in the store.*
 - Flashlight or headlamp w/ extra batteries (small) – *If you don’t bring one you can get one in the store.*
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Ziploc bags (used to keep clothes dry)
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)

- OPTIONAL:**
- Bible
 - Camera
 - Sunglasses
 - Pillow
 - Sleeping bag or sheets and blanket for cabin (we will provide sleeping bag for out of camp)
 - Pocket Knife

RANGERS

- SUNDAY** Campers arrive @ Cheerio Adventures between 2:00-3:00 PM
Group interaction/ get to know each other games
Issue gear
Opening Ceremonies
- MONDAY** Basic Outdoor Skills
Fire Building
On-Camp Activities:
- GaGa Ball
- SpeleoBox
- Human Foosball
- 9-Square in the Air
- Mudslide
Fun with Knots!
Creating Outdoor Shelters
- TUESDAY** Orienteering: Map and Compass
GPS Course
Tubing and Corcling on the River
Creating personal Walking Sticks
- WEDNESDAY** On-Camp Backpacking Adventure:
- Leave No Trace
- Campsite Set-Up
- Camp Cooking
- Outdoor Scavenger Hunt!
- THURSDAY** Outdoor Adventure Race
- FRIDAY** Off-Camp Rock Climbing Day
Drive to Grayson Highlands State Park
Climb all day
Closing ceremonies
- SATURDAY** Breakfast
Camper pick up 8:00-9:30 AM

*Please note: The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.