

# SUPREME 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

*If it is italicized it is a suggestion made by others.*

- 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 – *Now remember they will be out most of the time, so they will really wear them all.*
  - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
  - Raingear, rain jacket and pants
  - For caving long sleeve shirt, pants & gardening gloves (will get muddy) *Get them from Goodwill and throw them away after, no washing.*
  - Hat (baseball cap is good for helping with sun, and a winter hat for backpacking when cold)

- FOOTWEAR:**
- Pair camp shoes (eg. sneakers)
  - Old shoes or water sandals like Chaco's or keens (**NOT CROCS**) for canoeing, **must** fasten securely (will get wet)
  - For caving a pair of old shoes (will get muddy) – *Use your hiking shoes, they get wet and dirty anyway.*
  - Hiking shoes, lightweight 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)

# SUPREME

- Sunday** Camper arrive @Cheerio Adventures between 2:00-3:00 PM  
Group interaction/get to know each other  
Issue gear
- Monday** Cave in Worley's Cave, TN  
Camp outside cave
- Tuesday** Drive to Millcreek, VA  
Backpack to Campsite
- Wednesday** Climb in Bozoo WV,  
Drive to rafting company
- Thursday** Raft all day on the New River, WV  
Return to Cheerio Adventures
- Friday** Kayak from Cheerio Adventures to Big Tree  
Closing ceremonies in the evening
- 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.