

ULTIMATE 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 – *Now remember they will be out most of the time, so will they 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:**
- 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.*
 - 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 get can 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)

ULTIMATE

SUNDAY	Campers arrive @ Cheerio Adventures between 2:00-3:00 PM Group interaction/ get to know each other Issue gear
MONDAY	Stand Up Paddle Board, then fish on New River, NC Paddle Board to overnight campsite
TUESDAY	Paddle Board to Cheerio Adventures, then Canoe all day Return to Cheerio Adventures
WEDNESDAY	Cave all day Drive to rafting company
THURSDAY	Raft all day on the New River Return to Cheerio Adventures
FRIDAY	Drive to Grayson Highlands State Park Climb at Deception 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.