

Whitewater 2024

THINGS TO BRING

NOTE: All of your stuff must fit into one medium sized suitcase and one carry-on "backpack-like" bag.

Required Things

- Backpack carry-on bag or something similar to carry in the vans
- Bible
- Pen
- Sleeping bag; must be tied and rolled up**
- Sleeping mat/ foam pad; pack with sleeping bag (No air mattresses!)
- Water Bottle**
- Pillow**
- Sturdy plastic knife, fork, and spoon**
- Sturdy plastic plate**
- Large plastic cup**
- Money for 6-8 meals while on the road (approximately \$50-\$60); keep in carry-on bag**
- Mosquito repellent
- Waterproof sunblock
- Moisturizer or lotion
- Outdoor clothes; shorts and t-shirts
- Sweatshirt or jacket
- Waterproof jacket in case of rain
- Clothes to sleep in
- Swimsuit**
 - **Girls: Modest 1-piece and board shorts to wear while rafting.**
 - **Boys: No saggy shorts – drawstrings are helpful. – WEAR UNDERWEAR**
- 2 towels; 1 for shower and 1 for swimming**
- Toothbrush and toothpaste**
- Toiletries; deodorant please!**
- Flashlight**
- Hat that can get wet and/or lost**
- Baby wipes or body wipes
- Shoes for around camp**
- Pair of shoes to travel in
- Old pair of shoes to wear rafting (no open-toed shoes or sandals for this)**
- Old socks to wear with old shoes (helps with blisters)**

Optional Stuff

- Water-resistant camera with your name on it
- Rash guard or Under Armor-type shirt to wear under life vest while rafting.
- Sunglasses that you are willing to potentially lose
- Extra spending money for snack stops, camp shirt, etc.
- Group travel games to play in the vans
- Motion sickness medicine like Dramamine
- carabiner to be clipped onto the raft.
- Candy and snacks for the van rides

Things NOT to Bring

- TENTS: we are sleeping under the stars!!
- Electronics/ Handheld video games
- Drugs
- Skateboards
- Any kind of weapon
- Lighters
- Water toys
- A bad attitude
- Anything you can't or are not willing to replace