Eagle Quest

*River Packing List*

You will need the following items for your Eagle Quest experience. Note that there are valuable tips given for each item.

REQUIRED ITEMS

\_\_\_\_ **SLEEPING BAG**

 DO NOT bring a big, bulky sleeping bag. Bring one that can be compressed to a small size

 (Tip: go to Wal-Mart and buy a cheap fleece bag for trips during warm months)

 **CLOTHES**

**\_\_\_\_**  T-shirts

 *Light colored t-shirts are nice as they retain less heat. NO TANK TOPS.*

 *Bring one for every day or less if you desire. (it is best to only take 2 on the river, one for the day and a dry one for the night.)*

*\_\_\_\_* Shorts

*Bring at least one or two pairs. (2 pairs on the river; both should be usable for swimming.)*

*\_\_\_\_* Underwear *(synthetic is best for the river)*

\_\_\_\_ Socks

*Bring several pairs for when you’re at Camp Eagle. (Two pairs will be plenty for you time on the river)*

*\_\_\_\_* Rain Jacket

*Bring a jacket not a poncho in case it's windy and raining,* ***This is essential for the trip!***

*\_\_\_\_* Bandanna(s)

 *Great for sun protection and countless other things*

*\_\_\_\_* Swimsuit

*Even if you can’t swim, bring one anyways! Be Modest please. (You will be in and out of the river constantly. A comfortable suit is nice for all day on the river.)*

*\_\_\_\_* Closed toed base camp shoes

*The area is rocky and full of spiky plants, so for exploring on shore and for the time back at camp eagle a lightweight pair of tennis shoes would be ideal.*

*\_\_\_\_* Water Shoes/Sandals. A thicker soled, durable water shoe for getting in and out of the kayak is preferred. ***These will be essential on the river!***

*\_\_\_\_* Lightweight Jacket or Fleece

 *For cold nights/mornings or inclement weather.*

*\_\_\_\_ Pants: One pair is enough. Don’t bring jeans or heavy cotton. Lightweight synthetic fabrics are best. A pair of pants or leggings can also be worn for sun protection.*

*\_\_\_\_*Base layer *(top and bottom synthetic long underwear)*

*\_\_\_\_*  Stocking cap/beanie

 *Helps with cold nights – It is a necessity for non-summer months*

*All Clothes should be lightweight and able to dry quickly. Cotton takes longer to dry. We recommend that you do not bring jeans.*

**OTHER STUFF**

*\_\_\_\_* Water Bottles

 *Two water bottles carrying about 1 L each. It is nice to have a way to clip your water bottles to your kayak, using a small carabiner or clip.*

*\_\_\_\_* Toiletries

 *Toothbrush, toothpaste, (shampoo, towel, etc. FOR BASE CAMP ONLY).*

*\_\_\_\_* Flashlight with extra batteries

\_\_\_\_ Sunglasses

\_\_\_\_ Sunscreen, Chap Stick (with spf), Bug repellant

\_\_\_\_ Bible & notebook/journal with pen

\_\_\_\_ Medications

 *All doctor prescribed medications must come in the prescription bottle with directions.*

\_\_\_\_Small carabiners *(for clipping things to your boat)*

*\_\_\_\_* Hat

 *To help shield from the sun!*

OPTIONAL ITEMS

*\_\_\_\_* Dry bags

*\_\_\_\_* Camera with film/batteries

\_\_\_\_ Day pack or fanny pack

\_\_\_\_Snorkeling Gear

DO NOT BRING

Radios, CD Players, electronic devices, two way radios, cell phones, watches, a bad attitude…

WE WILL PROVIDE FOR YOU….

Dry bags First Aid Kit

Tents Food

Sleeping pad Water purification

Stove Cooking utensils

Cooking Pots Bowl and spoon

Boats, paddles, PFD’s, seatbacks, etc…