

HIGH ADVENTURE PACK LIST- ADULT

CLOTHES FOR 3 DAYS

(Daytime temperatures range form 72-82)

- Shirts
- PJs
- Underwear
- Shorts (modest)
- Pants
- Jacket
- Socks
- Sandals (for showers)
- Hiking boots or sturdy shoes for hikes
- Gaiters for keeping sand out of shoes
- Work gloves

BEDDING

(Nighttime temperatures range form 32-42)

- Sleeping bag (rated for 32 deg or lower)
- Sleeping pad (insulated)
- Pillow
- Optional blanket (it gets cold at night)
- Tarp or canopy for shade

OTHER

- Water bottle
- Scriptures
- Notebook and writing utensil
- Camp chair (very important)
- Hat

TOILETRIES

(Showers are available during certain times)

- Shampoo and conditioner
- Deodorant
- Toothbrush, toothpaste, and floss
- Soap
- Towel
- Comb/brush
- Wet wipes
- Dry shampoo
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MEDICAL

- Prescription medications
- Hand sanitizer
- Sunscreen
- Bandages
- Lip balm

- Bug spray
- Small backpack for hikes
- Plastic bag
- Flashlight
- Sunglasses

All gear needs to fit into one duffle bag except for sleeping bag, pad and chair