

Packing List – Chaverim (3 days, 2 nights)

- Day Pack
- Sleeping Bag
- Ground Mat
- Flashlight
- Pillow
- Water bottle* (At least 1x 32 oz water bottle)
- Sunscreen*
- Bug Spray
- Sun Hat/Bandana
- Sunglasses
- Tennis Shoes/Hiking Shoes
- 1 Pair Shoes that can go in the river (NO FLIP FLOPS)
- 2 Pair Socks
- 1 Pair Long Underwear Pants – If desired
- 1 Pair Long Underwear Shirt – If desired
- 1 Pair Pants
- 1 T-shirts
- 1 Pair Shorts
- 1 Long Sleeve Shirt
- 1 Fleece/Warm Jacket
- 1 Pair Warm Pants (ex: sweats or fleece pants)
- 1 Rain Jacket or Poncho
- 1 Bathing Suit
- 1 Swimming Towel
- Toiletries: Toothbrush, toothpaste, soap, small towel, etc.

DO **NOT** BRING – They will be taken away:

- Knives or weapons
- Drugs or alcohol
- Outside food, candy or drinks
- Cell phones, personal stereos, Nintendo games, etc.
- Toys from home (stuffed animal ok)