

**Packing List – Habonim
(4 days, 3 nights)**

- Tent (Please let if you have one or not Reuben so we can plan accordingly)
- Day Pack
- Emergency Whistle
- Sleeping Bag
- Ground Mat
- Pillow
- Flashlight
- Water bottle* (At least 1x 32 oz water bottle)
- Sunscreen*
- Bug Spray
- Sun Hat/Bandana
- Warm Hat/Beanie
- Sunglasses
- Tennis Shoes
- 1 Pair Shoes that can go in the river (NO FLIP FLOPS)
- 2 Pair Socks (No cotton, if possible)
- 1 Pair Long Underwear Pants – If desired
- 1 Pair Long Underwear Shirt – If desired
- 1 Pair Hiking Pants (No jeans)
- 2 T-shirts
- 2 Pair Shorts
- 1 Long Sleeve Shirt
- 1 Fleece/Warm Jacket
- 1 Pair Warm Pants (ex: sweats or fleece pants)
- Rain Jacket or Poncho
- 1 Bathing Suit
- 1 Swimming Towel

DO NOT BRING – They will be taken away:

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