

Travel Program Packing List

Some of our trips require specific clothing or protective equipment. This is to ensure the safety of our campers.

Ropes Course

- Wear longer shorts, capris or long pants

Organic Farm

- Hat with a wide brim covering face, ears & neck

Mountain biking

- A water bottle to fit in a bike cage. We recommend Zephyr Hills Sport with Sip Top.
- Bike gloves if you own them. No need to purchase.

Overnight

- Sleeping bag & Pillow
- Flashlight
- Pajamas
- Toiletries
- Personal medications
- Change of clothes
- Extra shoes (in case yours get wet)
- Lunch & snacks (for the first day only)

Caving Trip

- a helmet (bicycle helmets are fine)
- one light source attached to the helmet
 - you can use a head lamp (**see below**) or duct tape a regular flashlight securely to your helmet
- one back up light
- extra batteries for both (packed in a ziploc bag so as to be waterproof)
- clothing for inside the cave (caves are wet, muddy, and at about 60 degrees)
 - long pants
 - long sleeves
 - hiking boots
 - OPTIONAL - gloves
- clothing for outside the cave (before and after)
 - regular camp clothes
 - you will be able to change at the cave.

A note on head lamps:

Wearing a head lamp is the best choice for navigating a cave. Below are some reasonable purchasing options.

- Dick's Sporting Goods: Wenzel 3 LED Mini Headlamp - \$9.99
- Target: Backyard Night Vision Headlamp - \$12.99
- REI: Princeton Tec Quest Headlamp - \$16.95