

## Rock & River and H2O Packing List

The packing **check** list below will provide some helpful suggestions, however, please keep in mind that this is only a 3-day trip. **IT GETS COLD IN THE ADIRONDACKS AT NIGHT so bring some warm clothes!!** For any outdoor experience, it is a good idea to avoid 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best.

- ☐ Small Day Pack
- ☐ Ground Pad
- ☐ WARM Sleeping bag in a stuff sac
- ☐ Sweater-preferably wool
- ☐ Underwear – for 3 nights
- ☐ Quick-drying pants/shorts
- ☐ Large reusable water bottle
- ☐ Water shoes (Keens, Tevas) must be secure for rafting (so no flip flops)
- ☐ You can bring sweats for hanging out
- ☐ Long-sleeve shirts/flannels – and a few teeshirts
- ☐ Swimsuit
- ☐ Wool hat or beanie-type hat
- ☐ Bandanas or buffs
- ☐ Socks (synthetic or wool) – for 3 nights
- ☐ Sleepwear
- ☐ Insulating jacket (fleece type)
- ☐ Rain jacket and maybe even rain pants! There is no bad weather with the proper clothing.
- ☐ 1 pair of sneakers, or “Teva” type sandals for water activities (or any type of water shoes)
- ☐ Toiletries
- ☐ Towel – one bath, one beach
- ☐ Sunglasses
- ☐ A small instrument (optional)
- ☐ Camera (optional)
- ☐ Small camp chair (optional)
- ☐ Any necessary medications – SOOOO IMPORTANT! You don’t want to have to leave to go get them make sure they are labeled with your name in a plastic bag for protection



Don't forget, it  
gets cold in the  
Adirondacks.  
Remember to prepare.  
Thanks!