

FAMILY APPRECIATION WEEKEND ADVENTURE

PACKING LIST

ACCESSORIES

- Backpack
- Day pack
- Glasses or contacts, if needed
- Sunglasses
- Wide-brimmed sun hat

CLOTHING: DRESS FOR HOT DAYS AND COLD NIGHTS

- Clothing and underwear for 3 days
- Comfortable closed toe shoes for Hikes
- Board Shorts/Swimming wear

EQUIPMENT AND GEAR

- Alarm clock
- Life Jacket
- Camera
- Sleeping bag/pillow in a waterproof sack
- Sleeping pads to place underneath sleeping bags
- Tent/Stakes

HEALTH AND TOILETRY ITEMS

- Personal-hygiene items:
 - Soap
 - Shampoo
 - Deodorant
 - Toothbrush/toothpaste
- Insect repellent
- Lip balm (choose one with SPF 15)
- Sunscreen (at least one all-purpose sunscreen with SPF 15)
- Medication and supplies to last for three days

