

## Trips Packing List



The following packing list is meant to help parents decide how to pack their child out for their upcoming adventure trip. You do not need to have everything on this list. Multiple clothing items can be re-used for multiple activities.

All clothing must be stored in a plastic tub/tote/bin that can help keep things waterproof. The tub/tote will be stored in an enclosed trailer while we travel from location to location and may possibly be left out in the elements (rain) by the tent. We recommend two medium-sized tubs/totes/bins. Once the trip begins, your child will have these two containers of clean clothes and gear. As the trip continues, we've seen that the kids like to start designating one container as a 'dirty clothes' storage, moving clean items over to the other container. If you decide to bring one large container, make sure the maximum size is 50 gallons. Duffel bags and suitcase luggage work fine but they have the potential to expose clothing items to rain when out of the trailer and damage while in the trailer.

Other items that can be left outside the containers are any backpacks, pillows, sleeping bags and bus bag items that will be mentioned below. From experience, it helps to try and put all shoes in a tub/tote that will more likely become the 'dirty' one and then try to stuff the sleeping bags, pillows, and other shoes into a hiking backpack, if you choose to bring one. Please note that camp will have hiking backpacks available for the campers as well as sleeping pads/mats, and stuff sacks. Sleeping bags will also be available but it is recommended that you bring your own. All campers will be given a one-person tent to use for the trip. For those on level 1 and 2 trips, a three-person tent may be used.

Once again, you may not need everything on this list. Please, use your best judgement depending on what level of trip your child will be on and what activities that trip will be doing. Not every trip features every activity listed below. Line up what activities the trip will be doing with what you might need listed underneath the activity. Consult the schedule that was sent to you in the trip-specific email (normally sent out in late April).

Please note that cell phones or any device that is able to connect to the internet (WiFi, 5G, LTE) is not permitted on the trip.

**Top 5 suggested items to consider purchasing at *high quality* are:**

- Hiking Boots (not necessary for Level 1 and 2 trips)
- Rain Jacket (no ponchos or frog togs), complete jacket with a hood.
- Non- Bulky Sleeping Bag (compact to fit in a hiking backpack and light weight)
- Sturdy Water Shoe
  - Must have a heel strap and not slip off your feet (no flip flops or crocs). Chacos work very good for this and can be used for the shoe below as well.
- Open air shoes for vehicle transportation (flip flops, crocs, Chacos, Tevas)
  - On a trip, our feet are constantly getting wet, it is good to slip on a pair of flip flops while being transported in a vehicle. This allows your feet to air out and stay dry, preventing athletes' foot and blisters.



**General Suggested Items for all Activities:**

- Synthetic Athletic Shirts/ Shorts (Cotton=Bad).
- Compression Shorts/ Leggings to wear underneath shorts/ use as swimwear
- Warm Layers (Sweatshirt, Light Jacket, Synthetic Long Sleeve)
- Water bottle (2), can hold 20 ounces or more.
- Rain Jacket
- Stuff Sack for sleeping bag
- Bathing Suit/ Swimsuit
  - Multiple is great, count how many days your child will be on the water.
- Towels /Wash Cloths and Toiletries (Shower Supplies)
- Sunblock (camp will provide extra sunblock)
- Bug Spray with Deet
- Flashlight/ Headlamp with extra batteries
- Black Trash bags (whole roll)
- Shoes
  - Hiking Boots
  - Climbing Shoes or old sports shoe
  - Water Shoes or shoes with a heel strap for river use (no flip flops or crocs)
  - Flip Flops to shower in

## **Bus Bag Items to Consider:**

- Small draw string bag, day pack, or purse can be considered the 'bus bag'
- Water Bottle
- Book
- Small Snacks
- Extra Shirt
- Warm Layer if you get cold when air conditioning is on full blast in the van.
- Feminine Hygiene products
- Cash money for gas station stops (meals on the road are bought by the camp)
  - Campers will be allowed to buy food and drink only. Trip Leaders can decide to take away this privilege. Most Trip Leaders limit gas station stops to one drink, one snack for the option. Usually, options for souvenirs come on the last two days of the trip.
  - Note: Camp staff are not responsible for loss of camper money or involved in how they spend it. Example: if your child spends all their money on the first day, we cannot give them more nor take from their 'store' account back at Camp Fitch.

## **Climbing/ Ziplining**

- Athletic shorts (long) where a harness will not rub against the skin.
- Shoes (sports, barefoot, climbing shoes if really dedicated)

## **Hiking/ Mountain Biking**

- Hiking Boots or sturdy closed-toe shoes (No Keens)
- Backpack (camp has backpacks available)
- 2 Water Bottles, each 20 ounce or more/ CamelBak hydration units work great!
- Wool Socks
- Moisture wicking or synthetic clothing

## **Horseback Riding**

- Long Pants
- Hiking Boots or sturdy closed-toe shoes (No Keens)



## **Water Activities (Canoeing, Kayaking, Rafting, SUP, Swimming)**

- Bathing Suits
- Water Shoes or shoes that stay on your feet (no flip-flops or crocs)
- Quick Dry synthetic shirt (to wear on the river or wear when PFD is not on, when walking on land)
- Towel
- Warm synthetic long sleeves and leggings can be used on cold, rainy river days.
  - Note: every camper will have to place a shirt into a Trip Leader's dry bag just in case they start to get cold or start to develop a bad sunburn.
- Croakies or straps for prescription glasses and/or sunglasses.

### *Special Note for White Water Rafting:*

With several trips featuring whitewater activities and having Class III- V rapids, it is recommended that parents highly consider alternative swimwear on these days. In whitewater, the water is fast moving, and the current has the tendency to flow in different directions, this is also why wearing shoes that cannot slip off is important. Regular bathing suits are okay for stand-up paddle boarding, river canoeing and other water activities like swimming. The comments below are meant to prevent embarrassment.

#### *For Males:*

Camp Fitch recommends the consideration of wearing leggings or synthetic shorts underneath the regular swimming trunks. Swimming trunks need to be tied with the drawstring.

#### *For Females:*

Camp Fitch recommends the consideration of wearing leggings or synthetic shorts as a bottom (the raft is rubber and gets quite warm in the sun) and a good-fitting athletic top. Female raft guides give the advice to think about wearing clothes as if you were to hit the fitness gym. One-piece swimsuits with shorts over top help solve many problems as well.





## **Caving (Sweet Carolina and Grayson Highlands only)**

**\*Note: Clothes will get super muddy, best to use old clothes**

- Trash bag to put muddy clothes in when done
- Long sleeve shirt over top short sleeve shirt or base layer
- Long pants
- Old shoes you want to throw away
- Gloves (something to cover hands, but still grip)
- Kneepads (if knees are injured or tender)
- Under Clothes like leggings and sports bra or swimsuit.

\*Please note that after caving we change clothes in an open field or light wooded area. Wearing multiple layers allows campers to have cleaner undergarments, making changing in the woods more convenient. Most of the time a swimming opportunity immediately follows the cave, so it is best to have a swimsuit as the undergarment.

