



# TIMBER-LEE WILDERNESS ADVENTURE TRIPS

## Adventure Trip Packing List

### Paperwork

- Medical Form – If a minor, it must be signed by a parent or guardian

**PLEASE CONTACT TIMBER-LEE IF YOU DID NOT RECEIVE A MEDICAL FORM.**

- Outfitter's consent form (if applicable; if a minor, it must be signed by a parent or guardian.)

### Personal Gear: All Trips

- Sleeping Bag (rated to at least 32 degrees; no cotton. Please pack it in a waterproof stuff sack with compression caps to make it waterproof and compact)
- Pillow
- Fleece, weatherproof jacket or wool sweater
- Sturdy rain gear
- Enough shorts, pants, t-shirts, and long-sleeve shirts to dress in layers—nights will get chilly
- Athletic shoes, boots, or sandals (no flip-flops) that are comfortable for hiking.
- Swimsuit (modest; one piece for females)
- Underwear
- 2-3 pr. athletic socks
- Small towel
- Insect repellent (no aerosol cans please)
- Sunglasses & sunscreen (rated to at least SPF30)
- Bandanna
- Flashlight (headlamp-style works well)
- Toothbrush, toothpaste, comb, biodegradable soap/shampoo, deodorant
- Pocket size** Bible/journal/pen (pack in a small Ziploc bag)
- Small personal First Aid kit (i.e. Band-Aids, Chapstick, nail clippers, etc.)
- 4-5 heavy-duty garbage bags
- 2 water bottles (32oz Nalgene style works well)

**Optional Items:** insulated sleeping pad (recommended), small camera, cards, extra Ziploc bags

### If you are Rafting:

- Non-cotton long-sleeve shirts for chilly days on river
  - Quick-drying (i.e. nylon) shorts or pants
  - Shoes to wear in the river (old tennis shoes, "aquasocks," etc. Shoes must be able to secure to feet—no flip-flops or backless shoes)
  - Non-cotton socks for river (wool, polypropylene)
- \*Wetsuits are available for \$10 a day. It is a good idea to bring cash in case of chilly weather.

### If you are Caving:

- One pair of old clothes—long sleeves and pants
  - One pair of old shoes (no sandals)
- \*The cave is a muddy and COLD 50° environment. Be aware and bring clothes to keep you warm.

### If you are Climbing:

- Clothing that is comfortable, modest, and moves with you, as it requires reaching and stretching. Jeans do not stretch well! We recommend shorts with a 5" inseam or longer.
- Shoes or sandals comfortable for hiking to the climb site (No flip-flops)

### If you are Canoeing:

- Non-cotton long-sleeve shirts and non-cotton socks for chilly days on river
- Quick-drying (i.e. nylon) shorts or pants
- Sandals that will stay on feet in water (no flip-flops)

### If you are Backpacking:

- Sturdy hiking boots, preferably waterproof. **If boots are new, please wear them daily for at least three weeks before the trip.**
- Foam mat or insulated sleeping pad
- Compact sleeping bag (no exceptions; contact us for more information)
- Non-denim hiking pants or shorts
- Small, packable towel
- Non-cotton hiking socks
- Extra Ziploc bags

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**Note:** We do not intend for you to have to buy everything on this list. Make appropriate substitutions as necessary, keeping in mind the purpose of each item. Be sure to check garage sales and local thrift stores. Otherwise, new equipment can be purchased from retailers such as Dick's Sporting Goods ([www.dickssportinggoods.com](http://www.dickssportinggoods.com)), REI ([www.rei.com](http://www.rei.com)), or Gander Mountain Sports ([www.gandermountain.com](http://www.gandermountain.com)). Online outlets such as Sierra Trading Post ([www.sierratradingpost.com](http://www.sierratradingpost.com)) or REI's Outlet ([www.reioutlet.com](http://www.reioutlet.com)) can have some great deals on gear. If you have any questions about gear, packing, or clothing, be sure to call us at 262.642.7345 or e-mail [wilderness@timber-lee.com](mailto:wilderness@timber-lee.com).

**In order to experience a quality environment, participants (including adults) may not bring any of the following: alcohol, illegal drugs, cigarettes or tobacco, radios/CD/MP3 players, portable video game systems, fireworks, lighters, firearms, hatchets, junk food, gum and candy, and watches. Thanks for your cooperation!**