

TIMBER-LEE ADVENTURE TRIPS

Canoe & Climb Packing List

Paperwork to be Completed Before Trip Departure

- Timber-lee Health Form
- Timber-lee Waiver, Release and Hold Harmless Agreement Form

Gear for the River:

- Non-cotton long-sleeve shirts for chilly days on river
- Quick-drying (i.e. nylon) swimsuit, shorts or pants
- Shoes to wear in the river. Shoes must secure on feet, no flip flops or Crocs.
Ex. old tennis shoes
- Non-cotton socks for chilly days on river Ex. Smartwools

Gear for Climbing:

- Clothing that is comfortable, modest, and moves with you, as it requires reaching & 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).

Other Important Gear to Bring:

- Pillow
- Sleeping Bag- using a compression or stuff sack reduces the size of your bag when not in use
- Sleeping pad
- Fleece, weatherproof jacket or wool sweater- in other words, something to keep you warm if you get wet
- Sturdy rain gear
- Enough shorts, pants, t-shirts, and long-sleeve shirts to dress in layers—nights can get chilly
- Athletic shoes, boots, or sport sandals for hiking. *Flip flops are fine around the campsite, but not for hiking.*
- Swimsuit (modest please; one piece for females)
- Underwear
- 2-3 pr. athletic socks, 1-2 pr. Wool socks for nights
- Towel
- Insect repellent (no aerosol cans, please)
- Sunglasses & sunscreen
- Flashlight (headlamp-style works well!)
- Toothbrush, toothpaste, deodorant, soap/shampoo
- Bible/journal/pen (pack in a Ziploc bag to help keep dry)
- Water Bottle in addition to the 32 oz. Nalgene that will be provided
- Extra Ziploc bags and plastic garbage bag to keep dirty clothes in

Timber-lee will provide tents, water filters, life jackets, eating utensils and other general gear for the trip.

*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. If you have any questions about gear, packing, or clothing, please do not hesitate contacting us.