CLOTHING AND EQUIPMENT CHECKLIST

The following mandatory items will be checked during registration:

- Vinyl rain suit or poncho (Please note that having quality rain gear is very important due to inclement weather. Rain gear must be able to withstand physical activities and will be checked at registration for durability.)
- Water bottle (Water bottle should be at least 16 oz.)

Each participant should plan to bring the following in order to be properly prepared:

- Headlamp/flashlight
- Sleeping bag/pad for bunk.
- Pillow
- Towel
- Washcloth
- Soap
- Wet Wipes
- Pants (no capris or shorts)
- Shirts (no tank tops)
- Socks
- Light coat
- Sweater (In case of inclement weather. We suggest checking forecast for Tetonia, Idaho prior to packing.)
- Good hiking boots and/or tennis shoes
- River shoes / sandals for river rafting (will get wet) – no flip-flops; Shoes must be worn during rafting
- Modest swim suit for river rafting
- Day pack (backpack)
- Hat (for the sun)
- Insect repellent (highly recommended)
- Personal toiletries
- Personal medication
- Scriptures and journal
- Small notebook
- Pencil or pen

Optional

- Spending money for the Badger Creek Store (Snacks, drinks, ice cream, t-shirts etc)
- One pair of shorts (Shorts may be worn for river rafting/swimming only.)
- Sunglasses
- Waterproof sunscreen
- Chapstick (with sunscreen)
- Camera (please be extra careful with cameras and avoid bringing expensive equipment)
- Large bandana

*Participants will not need any Sunday/Church attire (i.e. suit and tie, skirts, etc.).

Please do not bring video games or electronics of any kind. Cell phones will not be allowed during any scheduled activity time. Label all of your belongings with your name and address. Please bring only the items on this list. Please leave at home excess junk foods and caffeinated drinks as these will interfere with needed sleep for the next day activities.

***In order to prevent chaffing, no cotton clothing is allowed on the river. Please be prepared to layer with synthetic fabrics such as: polar fleece, long johns, gortex etc. June sessions are encouraged to bring wet suits for the river trip.

Remember, pack light!