



Clothing and Equipment List

The camp is in the wilderness and is RUSTIC, the campers will get dirty and most likely wet! The weather is very unpredictable so [plan for extended periods of rain and snow](#), and hope for bright sunny days! Make sure you pack [at the very least the MUST HAVE'S on the list](#). Contact us if you do not have all the must haves, we may have spares.

MUST HAVE'S				
	5 day camp	6 Day camp	New Moon	Grizzly
<input type="checkbox"/> Underwear	5	6	10	10
<input type="checkbox"/> T-shirts	3	3	3- 4	3- 4
<input type="checkbox"/> Sweater	2	2	2	2
<input type="checkbox"/> Pants	2	2	3	3
<input type="checkbox"/> Shorts	2	2	2	1
<input type="checkbox"/> Socks	5	6	6-12	6-12
<input type="checkbox"/> Warm jacket				
<input type="checkbox"/> Rain Jacket or large garbage bag				
<input type="checkbox"/> Warm Pajamas				
<input type="checkbox"/> Sturdy shoe (hiking boot or running shoe)				
<input type="checkbox"/> Shoe extra (in case one pair gets wet)				
<input type="checkbox"/> Day Pack				
<input type="checkbox"/> Toothbrush				
<input type="checkbox"/> Toothpaste				
<input type="checkbox"/> Sun Hat				
<input type="checkbox"/> Sunscreen				
MUST HAVE'S but GRR can provide				
<input type="checkbox"/> Water bottle				
<input type="checkbox"/> Sleeping bag				
<input type="checkbox"/> Sleeping mat				
NICE TO HAVE'S				
<input type="checkbox"/> Bathing Suit				
<input type="checkbox"/> Towel				
<input type="checkbox"/> Water shoes (sandals with strap, Rubber boots, or old sneakers... NOT FLIP FLOPS)				
<input type="checkbox"/> Toque				
<input type="checkbox"/> Mitts				
<input type="checkbox"/> Flashlight or headlamp				
<input type="checkbox"/> Bug repellent				
<input type="checkbox"/> Wet Ones (Moist toiettes)				
<input type="checkbox"/> Camera (IPOD's are not to be used as camera's)				
<input type="checkbox"/> Journal with pen or pencil				
GRIZZLY CAMPERS! MUST HAVE'S				
<input type="checkbox"/> Water proof jacket w/ hood				
<input type="checkbox"/> Water Proof pants				
<input type="checkbox"/> Hiking Boot (make sure they are broken in)				

PLEASE DO NOT BRING:

- **Drugs/alcohol (Immediate removal from program)**
- Cigarettes
- Pocket knives
- Any electronics, IPOD's, MP3's, Cell Phone's etc.
- Food
- Heavily scented toiletries (ex. body spray, shower gel, perfume)
- Valuables (no safe storage)

Packing: Pack all items into a duffel bag or backpack. Do not use a garbage bag, these are easily torn. Pack toiletries in a separate toiletry kit container or ziplock bag. Once we are out at camp these will be stored away from the sleeping area.

See our website for our lost and found policy: <http://www.ghostriverrediscovery.com/FAQ-summer>