Get pumped for the awesome experiences you are about to have! This trip is going to be no walk in the park. The adventures that you are going on will require you to get dirty, smelly, and wet. Because of that, it is essential that you pack accordingly!

What Camp Hanes will provide:

Tents

Food

Any programmatic equipment

Sleeping pad: Camp will provide a pad but you are welcome to bring a pad that the participant finds comfortable.

Here are a few things you should bring on your trip in addition to normal packing:

Extra clothes – will get dirty

Long pants and Sweatshirt (or long sleeve shirt) for caving

Bathing Suit

Cheap Sunglasses for Rafting (Optional)

Croakie/glasses strap required to wear sunglasses/glasses while rafting

Shoes for caving – they will not come out the same color

Sandals/shoes for whitewater rafting – sandals are preferred (**must strap or tie to foot**)

Flashlight

Water Bottle

Sunscreen

Sleeping Bag (NOT SHEETS)

Pillow

Towels (2)

What to Bring and What to Wear on a Whitewater Rafting Trip

Appropriate shoes are required for participation in all whitewater rafting trips. Water shoes, tennis shoes, and sandals are allowed but they must have a heel strap. No Flip-Flops or Crocs!

We will provide you with paddle, helmet, and PFD.

Summer months:

(May through September)

- Swimsuit or shorts and t-shirt work well.
- Hats will fit under our rafting helmets for extra protection from the sun.
- Sunglasses are not required but recommended. Glasses straps are available in our retail stores.
- Shoes are required on all of our adventure trips. You may wear old tennis shoes, water shoes or sandals with a heel strap. No Flip-Flops or Crocs!
- Sunscreen
- Water bottle
- No jeans or heavy cotton sweatshirts as they are unsuitable for physical activity during whitewater rafting.
- Appropriate shoes are required for participation in all whitewater rafting trips. Water shoes, tennis shoes, and sandals are allowed but they must have a heel strap. **No Flip-Flops or Crocs!**

Recommended Gear List - Caving Half Day Trip

· Closed toed shoes with good tread are required. You will be walking on slippery surfaces the entire time.

· Wear pants and long sleeves.

· Wool socks, gloves, and hiking boots or tennis shoes are recommended.