

# WILDERNESS PACKING

## LUGGAGE

duffle bag  
small backpack

## CLOTHES

shorts  
t-shirts/tanks  
socks  
undergarments  
pajamas  
swimsuit (one piece)  
\*\*might pack a few  
rain jacket/poncho  
sweatshirt/jacket  
outfit for mud volleyball  
\*\*all clothing should be modest

## FOOTWEAR

tennis shoes (2 are suggested)  
water shoes  
sandals

## PERSONAL ITEMS

toiletries (soap, shampoo, toothbrush, etc.)  
bath towels  
wash cloth  
beach towels  
bible, journal, pen  
money for canteen

## MEDICATION (IF APPLICABLE)

any prescriptions

## OPTIONAL ITEMS

camera  
stationary, stamps  
hammock

## SLEEPING

sheets for twin bed  
blanket/sleeping bag  
pillow

## CAMPING GEAR

water bottle  
flashlight/head lamp  
insect repellent (deet free)  
sunscreen

