Clothing:

☐ 2 short sleeve Shirts (Light weight)
☐ 1 long sleeve Shirt (Light weight)
☐ 2 pair of shorts
☐ 1 pair of pants
☐ Underwear and socks for 3 days
☐ Swimsuit
☐ Rain jacket
☐ Hat with a bill
☐ 1 Face covering

Footwear:

☐ River shoes (to get wet)
☐ Camp shoes (for campground, climbing site, hiking, etc.)
☐ Climbing shoes (if you have them)

*Shoes are required at all times, except in tents

Accessories:

☐ Headlamp/Flashlight
☐ 32oz Nalgene Bottle x 2
☐ Towel
☐ Watch (optional)
☐ Mosquito head-net (optional)
☐ Journal (optional)

Personal Care:

☐ Travel size Toiletry items
☐ Feminine products
☐ Over-the-Counter drugs
☐ Prescription drugs*

*Have copies of your prescription available
*If this medicine is life critical, please bring a back-up dose for an instructor to carry

We Provide:

☐ One Quest T-Shirt
☐ Tents
☐ Sleeping bags
☐ Sleeping pads
☐ Cookware and kitchen Supplies
☐ Personal utensils/plates/etc for each meal
☐ Food
☐ Emergency First-Aid Kit
Pro-Tips:
- Don’t go broke buying gear for this trip, focus on packing simply.
- It will be summer and likely hot with plenty of insects. Be prepared to dress for the environment, consider light weight long sleeves to protect from bugs.

Professional Notes:
- All OSU Policies and Procedures, local, state, and federal laws apply to this trip.
- Fees DO NOT provide food during travel to and from the trip destination. Bring money for at least one meal and any treats you want along the way.