

## 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)

## Personal Care:

- Travel size Toiletry items
- Bug Spray
- Sunscreen
- Pillow
- 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.