

Suggested Clothing & Pack List

Please prepare for your adventure with this packing list. *If you have any questions or need to borrow any equipment, please alert us at least 7 days prior to your trip.*



To Bring:

- Clothing for 3 days for a variety of weather conditions: hot days and cool nights in camp, kayaking (if applicable), hiking, possible rain, pajamas, spare layers. Shoes (recommend at least 1 pair of close toed & 1 that can get wet).
- Small day pack to carry lunch, water bottle, etc. while we are away from camp
- Water bottle (at least one liter per person)
- Sunglasses and sunscreen
- Your favorite game, cards (optional)
- Toothbrush, toothpaste, towel
- Medications
- Other personal toiletries
- Bugspray
- Headlamp/flashlight
- Pillow
- **Sleeping bag
- **Sleeping pad/cot
- **Tent
- Hat(s) for warmth and sun protection
- Face masks (2 per day)
- Chargers for mobility devices and/or free wheel, GRIT chair, knobby tires, or any adaptive equipment that will help you navigate uneven terrain.
- Any additional camping comfort items your family requires.

For Kayaking:

- Quick drying top and bottoms; and/or a bathing suit (ex: fitted athletic clothing - NO COTTON OR DENIM)
- Water shoes: old tennis shoes or sandals with a heel strap (NO FLIP FLOPS)
- Sunhat/baseball hat

**Gear can be provided by AWL upon request. Please complete the [GEAR REQUEST](#) form at least 7 days prior to your trip.