



SUMMER PROGRAMS PACKING LIST (Canoeing, Hiking, Rafting, Rock Climbing)

Summer months can be very hot! It is important to dress in loose fitting clothing which is cooler. Wearing long sleeves and long pants can be a good way to protect your skin from sun and bugs, but make sure it is lightweight and loose fitting. You want to be comfortable so we suggest loose pants for climbing, shorts are acceptable. Avoid tight jeans, overly baggy clothing, and skirts. Additionally, rainstorms can happen unexpectedly in the summer so it is also important to bring along a waterproof jacket and a warmer layer with you. Also, no jewelry allowed while climbing!

Single Day Pack List * - Summer

- Long sleeve shirt , Long pants, Socks (for sun and bug protection)
- Rain Jacket or Poncho
- Sweatshirt, sweater or fleece jacket
- Hat with visor and chin strap
- Sunglasses with tie string
- Sunscreen (30+ SPF)
- Bug Spray
- Water Bottle
- Tennis shoes/hiking boots. No sandals or open-toed shoes. (*rock climbing only*)
- Sandals with heel strap or shoes you may get wet (*rafting/canoeing only*)
- Medication (if prescribed)
- A dry change of clothes for the ride home (*rafting only*)

* Please note that dry bags are provided for rafting trips if necessary

Overnight Pack List - Summer

- All Single Day Pack List items PLUS:
- 1 long sleeve shirt and 1 pair long pants
- A few pair of shorts (nylon/quick dry are best!)
- A few T-shirts
- Underclothes (thermal underwear)
- Sleeping Bag, Sleeping Pad, Tent (Can be borrowed from Splore if necessary)
- Pajamas



- Fleece Jacket or Warm Jacket/Coat
- Camp/Hiking Shoes and River Shoes/Sandals
- Socks: several pairs of warm socks, wool or synthetic
- Medications
- Flashlight/headlamp
- Personal Hygiene: soap, toothbrush & toothpaste, chapstick, lotion, toiletries, etc.
- Personal Items: camera, book, magazine, games, etc.
- Extra cash for souvenirs and snacks

OTHER THINGS TO KEEP IN MIND

Splore has some gear which is available for use. If there is something you need and do not have, please let us know and we will do our best to accommodate you.

Please Do Not Bring:

- Weapons
- Illegal Drugs
- Glass Bottles of any sort
- Your pets (unless you have pre-approval from Splore's Program Director)

Food

Splore provides a delectable menu with a vegetarian option (this option does include dairy). Please request any dietary/vegetarian needs and/or wants at your Pre-Trip Orientation. Water (drink plenty!), fruit punch, lemonade will be available for daily rafting trips. In addition, juice, hot chocolate, coffee and tea (regular & decaf) will be provided for multi-day trips. Splore does not provide soda or alcoholic beverages. Extra hydrating drinks are always encouraged for multi-day trips. Alcoholic beverages are allowed for **designated multi-day river trips only** for those 21 and over, **only for off-river consumption at the end of the day and not in excess.**