

***Suggested Personal Clothing List  
Mountain Challenge Flat Water Expedition***

**CLOTHES (for a 3 day expedition)**

Lightweight jacket

1 pair long pants

2 pair Wool or polypro socks

2-3 t-shirts

2 pair shorts

1 pair tennis shoes (for dry shoes)

1 pair sneakers or water sandals (shoes you don't mind getting wet)

Bathing suit

Rain jacket

**EQUIPMENT AND SUPPLIES**

Toiletries

Towel

Sunglasses or sun visor

Flashlight, batteries and extra batteries

Lip balm (Chapstick, Vaseline, or Carmex)

Bandannas

Pens

Camera and film (if desired)

Personal medications

Sunscreen

Bug Spray

We will provide a sleeping bag, but you may prefer to just bring sheets because of the heat.