

Suggested Personal Clothing List
Mountain Challenge Water-Based 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

Twin bed sheets

Pillow