



Packing List

The following packing list is meant to help parents decide how to pack their child out for their upcoming adventure trip. You do not need to have everything on this list. Multiple clothing items can be reused for multiple activities.

All clothing must be stored in a plastic tub/tote/bin that can help keep things waterproof. The tub/tote will be stored in an enclosed trailer while we travel from location to location and may possibly be left out in the elements (rain) by the tent. We recommend two medium-sized tubs/totes/bins. Once the trip begins, your child will have these two containers of clean clothes and gear. As the trip continues, we've seen that the kids like to start designating one container as a 'dirty clothes' storage, moving clean items over to the other container. If you decide to bring one large container, make sure the maximum size is 50 gallons. Duffel bags and suitcase luggage work fine, but they have the potential to expose clothing items to rain when out of the trailer and damage while in the trailer.

Other items that can be left outside the containers are any backpacks, pillows, sleeping bags, and bus bag items that will be mentioned below. From experience, it helps to try and put all shoes in a tub/tote that will more likely become the 'dirty' one and then try to stuff the sleeping bags, pillows, and other shoes into a hiking backpack, if you choose to bring one. All campers will be given a one- person tent to use for the trip.

Once again, you may not need everything on this list. Please use your best judgement depending on what level of trip your child will be on and what activities that trip will be doing. Not every trip features every activity listed below. Line up what activities the trip will be doing with what you might need listed underneath the activity. Consult the schedule that is listed on the specific webpage of the trip.

Please note that cell phones or any device that is able to connect to the internet (Wi-Fi, 5G, LTE) are not permitted on the trip. (Adult Trips, ignore).

Top 5 suggested items to consider purchasing at high quality are:

1. Hiking Boots
2. Rain Jacket (no ponchos or frog togs), complete jacket with a hood.
3. Non-bulky Sleeping Bag (can compact to fit in a backpack and lightweight)
4. Sturdy Water Shoe (no crocs or flip flops). Suggested: Chaco or Keens
5. Open air shoes for vehicle transportation (flip flops, crocs, chacos, tevas, etc.)
 - a. On a trip, our feet are constantly getting wet; it is good to slip on a pair of open-toed shoes while being transported in a vehicle. This allows your feet to air out and stay dry, preventing athletes' foot and blisters.

General Suggested Items for Every Trip

- Synthetic Athletic Shirts/ Shorts (Cotton=Bad)
- Compression Shorts/ Leggings to wear underneath shorts/ use as swimwear
- Warm Layers (sweatshirts, light jacket, synthetic long sleeve)
- Water Bottle x2 or Camelbak hydration unit.
- Stuff Sack for sleeping bag
- Bathing Suit/ Swimsuit
 - Multiple is great, count how many days your child will be on the water.
- Towels/ wash cloths and toiletries (Shower Supplies)
- Tooth brush and toothpaste with floss
- Favorite sleeping clothes, this is where cotton is great!
- Sunblock
- Bug Spray
- Flashlight or Headlamp with extra batteries
- Black Trash Bags (whole roll)
 - This is for dirty laundry, putting post cave clothes in, or simply putting wet items that have not dried yet in to prevent everything else in your bin/tote from getting wet.
- Other Shoes
 - Hiking boots or sturdy athletic shoes to walk in the woods
 - Climbing shoes (if desired)
 - Water shoes or something mentioned previously above.
 - Flip Flops to shower in.

Bus Bag Items

- Small draw string bag, day pack, or purse
- Water Bottle
- Book
- Small Snacks
- Extra Shirt
- Warm Layer if you get cold when the air conditioning is on full blast in the van.
- Feminine Hygiene products
- Cash money or pre-paid card for gas station stops (meals are bought by Powell Adventures.
 - Campers will be allowed to buy food and drink only. Trip Leaders can decide to take away this privilege. Most Trip Leaders limit gas station stops to one drink, one snack for the option. Usually, options for souvenirs come on the last two days of the trip.
 - Note: Powell Adventures staff are not responsible for loss of camper money or involved in how they spend it. Example: if your child spends all their money on the first day, we cannot give them more.

Hiking/ Mountain Biking

- Hiking Boots or sturdy athletic shoes (No Keens), must be closed-toe.
- Backpack that can hold food, water, and anything needed for a day hike.
- 2 water bottles, each holding 20 ounces or more/ Camelbak hydration units.
- Wool socks
- Moisture wicking or synthetic clothing
- Warm layer

Caving (Sweet Carolina and Grayson Highlands only)

- Trash bag to put muddy clothes in when done.
- Long sleeve shirt over top short sleeve shirt or base layer to stay warm.
- Long pants, shorts are not allowed.
- Old shoes you want to throw away- these shoes will never get clean again (trust me).
- Gloves (something to cover hands, but still grip; work gloves)
- Kneepads (if knees are injured or tender)
- Under clothes like leggings and sports bra or swimsuit.
 - Please note that after caving we change in a wooded area that has some privacy fencing. The group will be split on gender to change. Under clothes make it simple to change in front of a group.

Climbing/ Ziplining

- Athletic shorts (long) where a harness will not rub against the skin.
- Shoes (sports, barefoot, climbing shoes if really dedicated)

Water Activities (Canoeing, Kayaking, Rafting, SUP, Swimming)

- Bathing Suits
- Water Shoes or shoes that stay on your feet (no flip-flops or crocs)
- Quick Dry synthetic shirt (to wear on the river or wear when PFD is not on, when walking on dry land.
- Towel
- Warm synthetic long sleeves and leggings can be used on cold, rainy river days.
 - Note: every camper will have to place a shirt into a Trip Leader's dry bag just in case they start to get cold or start to develop a bad sunburn.
- Croakies or straps for prescription glasses and/or sunglasses.

Special Note for White Water Rafting:

With several trips featuring whitewater activities and having Class III- V rapids, it is recommended that parents highly consider alternative swimwear on these days. In whitewater, the water is fast moving, and the current has the tendency to flow in different directions, this is also why wearing shoes that cannot slip off is important. Regular bathing suits are okay for stand-up paddle boarding, river canoeing and other water activities like swimming. The comments below are meant to prevent potential embarrassment and keep your child confident on the water.

For Males:

It is recommended to consider wearing leggings or synthetic compression shorts underneath the regular swimming trunks. Swimming trunks need to be tied with the drawstring.

For Females:

It is recommended to consider wearing leggings or synthetic compression shorts as a bottom (the raft is rubber and gets quite warm in the sun) and a good-fitting athletic top. Female raft guides often give the advice to think about wearing clothes as if you were to hit the fitness gym. One-piece swimsuits with shorts over top work as well.