## Canoe Adventure Trip Packing List 2019

Sleeping bag

pillow

Clothing for sleeping

**Toiletries** 

Water Bottle

Clothing for getting wet (modest swimwear)

Bug spray

sun screen

sunglasses

Flashlight

Bible (paper copy)

1 item that represents who you are as a person

Friend

Medical Release form for 2020 completed

## **Optional Items:**

Snacks

Wet wipes

Sleeping mat/pad

Journal

## What not to Bring:

Electronics

Anything with the ability to take a picture

Drugs

Alcohol

