

Adventure STAFF

PACKING LIST.

To Keep in Mind:

1. You are going to be at camp for an extended period of time. You will have limited time and access to stores if you need something. Plan accordingly.
2. Unless it says "Optional" we are planning on you having it. Give us a call if you feel like you have to run out and buy a ton of things. That's not our intention.
3. Don't bring clothes/shoes/things that you really care about to camp. Most clothing, shoes and things get absolutely destroyed in the harsh environment of camp. It is common for things to get misplaced or lost at camp. Keep things you care about at home.
4. You will have a very small space to call your own in a communal guide area. Please do not overpack!
5. You will probably spend a lifetime collecting adventure gear. Some pieces of gear are more important than others and quality matters. We strongly recommend doing some research before purchasing all technical equipment and/or talking with Rock-N-Water Staff about what they recommend.

Adventure Clothing

Why

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| ☐ CLOSED TOE GUIDE SHOE | For wearing in the water and on some adventures. We are constantly wading, walking and running in harsh & wet rock terrain. You will definitely need a pair of professional guide shoes. Staff currently wear either Astral Wrasslers or Adidas 5.10 Trailcross . Must Have! |
| ☐ SPORT SANDAL | Dry shoes to change into after and on some adventures. Staff for years have used Chaco Sandals . Make sure to select Classic Sandals with a Colorado Sole! Their other soles do not stick to wet rock and are extremely slippery. Staff also love Bedrock Adventure Sandals . Must Have! |
| ☐ SOCKS | Wool! A few pairs of heavy weight and a few pairs lightweight. Socks are the best blister prevention! They will get wet. |
| ☐ UNDERWEAR/SWIM BOTTOM | Quick Dry Synthetic! Non-cotton-You will live in these. (5-7 pairs) |
| ☐ LONG-SLEEVE SUN PROTECTION | Quick Dry Synthetic! Non-cotton-You will live in these. Many staff buy at the local thrift store.(min #3) |
| ☐ ATHLETIC SHORTS | You will live in these! Girls too! Plan on wearing it every day. (min #3) |
| ☐ SUN PROTECTION PANTS | Either a lightweight quick drying pant or leggings. Guides have their preferences. Keeps the sun off while boating. If wearing leggings you will need to wear athletic shorts on top to prevent tearing. (min #3) |
| ☐ SWIMSUIT/SPORTS BRA+SHORTS | To swim in (Please keep it modest/appropriate for athletic activity). One piece swimsuits are difficult to deal with on adventures! Do not bring these! Opt for modest supportive sports bras instead. You will live in these every day you are at camp! (Min #3) |
| ☐ HAT / VISOR | To block the sun. We highly recommend every adventure day. (Min #2) |
| ☐ BEANIE | Cold evenings |
| ☐ FLEECE JACKET/SWEATER | Cold days on the river. Fleece stays warm when wet. NO COTTON! If you don't own you can pick one up at your local thrift store for a few \$\$ |
| ☐ WARM SWEATPANTS | Cold nights & Mornings |
| ☐ RAIN JACKET/PONCHO | Cheap kind is ok |
| ☐ LONG-SLEEVE SHIRTS | Keep the Mosquitos off |
| ☐ WORK CLOTHES | T-Shirts & Jeans or work pants that you don't care about. You will spend some days doing hard & dirty projects. |
| ☐ DOWN JACKET/VEST | <i>Optional:</i> Small packable down jacket or down vest is really nice on cold days and nights. |
| ☐ WORK GLOVES | <i>Optional:</i> It's nice to have your own gloves on camp work days. |
| ☐ TRAIL RUNNING SHOES | <i>Optional:</i> Many guides use their guide shoes to do long hikes & runs but it is nice to have a more supportive pair of shoes. |
| ☐ FUNKY FRIDAY FITS | <i>Optional:</i> |

Equipment

Why

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| ☐ SLEEPING BAG | Ideally a WARM mummy sleeping bag. Temps at night can drop into the low 40s. Into the 30s in the Spring or Falls Seasons! |
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- ☐ SLEEPING PAD
- ☐ COT
- ☐ PLASTIC STORAGE DRAWERS
- ☐ PILLOW
- ☐ HEADLAMP
- ☐ WATERPROOF WATCH
- ☐ BIBLE & JOURNAL (small)
- ☐ WATERBOTTLE
- ☐ GOGGLES
- ☐ ADVENTURE FANNY PACK
- ☐ BACKPACKING BACKPACK
- ☐ CLIMBING HARNESS & SHOES
- ☐ CLIMBING HELMET
- ☐ CLIMBING PAS
- ☐ WHITEWATER PFD
- ☐ WHITEWATER HELMET
- ☐ 4/3 FULL WETSUIT

This is for both WARMTH & Comfort. Don't skip this! We recommend a backpacking sleeping pad so that it can go with you on backcountry trips. All staff areas are on a concrete slab. You will need a cot to get you out of the dirt & Bugs.

A small place to store your things either under or next to your cot. Guides like plastic storage drawers or a rubbermaid tub.

Optional

It's dark at night as camp is not lit. (don't forget the batteries). A waterproof headlamp is even better.

You will use this everyday!

Trust us, you'll want to avoid that 10 pound family Bible.

We will provide you with one, but you'll want to have another high volume water bottle. 32 oz is best.

Optional: We will provide but it's nice to have your own on canyon days.

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Other

Why

- ☐ LAUNDRY DETERGENT
- ☐ LAUNDRY HAMPER
- ☐ TOOTHBRUSH & PASTE
- ☐ CHAPSTICK / BLISTEX
- ☐ SUN SCREEN

You will want to wash a few loads of laundry during the summer as clothes start to smell!

Morning breath

With some sun protection (spf). Sunburned lips are very painful.

We recommend highly waterproof sunscreen. Most guides like small tubs of raw elements, sunbum sticks or sunscreen that easily fits into a PFD or fanny pack.

- ☐ BUG REPELLANT
- ☐ TOILETRIES
- ☐ LOTION

Optional: So the bugs won't bug you

Soap, Shampoo, Floss etc etc

You will want a hardcore lotion for hands and feet. Many staff struggle with cracking hands and feet due to really harsh and dry environments. We recommend [Corn Huskers Lotion](#) or another advanced healing foot cream.

- ☐ TOWEL

You won't use it on adventure but there are optional showers at camp over the weekend for staff.



Extra shoes and socks for muddy conditions

NOTE: ALL PIANOS, TROMBONES, AND KAZOOS ARE WELCOME. BUT ALL SATELLITE-DISHES, TV SETS, **CELL PHONES**, ELECTRONIC GAMES, MUSIC PLAYERS AND JUNK FOOD/DRINKS ARE NOT ALLOWED.

Anything you bring might get wet or lost, so leave anything of great value at home.