

What to Bring – For Staff

If you are going to be at **Rock-N-Water** for an extended amount of time then here are some things you might want. If you are in the Trainee Program unless it says “optional,” we are planning on you having it. Give us a call if you feel like you need to run out and buy a ton of things, that’s not our intention.

- Sleeping Bag
- Sleeping Pad
- Cot
- A Box with a lid to keep your stuff in (like a Large RubberMaid type tub.)
- **Pro Footwear that is designed to swim in, hike in and raft in. [Astral Rasslers](#) or [Astral Brewers](#) are the shoe of choice for most staff these days. Another great option is [Addidas 5.10 Trailcross XT](#) or LT.(specifically) -YOU WILL LIVE IN THESE EVERY DAY**
- If you choose a shoe instead of a sandal bring a pair of sandals to change into to give wet feet a break.
- Read “[Foot Care](#)” doc for details long before your arrival.
- **Swim Suits** (2 pieces ok, but stay away from the skimpy type and make sure you have at least one 1 Tankini style that covers you’re belly or a swim shirt) – YOU WILL LIVE IN THESE EVERYDAY!
- **Board Shorts or Athletic Shorts** – YOU WILL LIVE IN THESE EVERYDAY! Ladies too!
- **Waterproof Watch** – Cheap is good, as you may lose it and need to buy another one.
- Light Colored T-Shirts (it’s hot and dark shirts make it hotter)
- Longsleeves- for the evenings to keep mosquitoes away
- Rash Guard or lightweight button down long sleeve- saves on sunblock and prevents chaffing
- Running Shoes
- Hiking Boots (optional) – Boots are generally impractical for the kinds of backpacking and hiking you will be doing. A pair of good running shoes or cross trainers are typically far better.
- Hat (especially good if it keeps sun off of you)
- Sun Screen
- Bug Repellent
- Beanie/Cold Weather Hat – (optional, to keep your head warm in the morning and night)
- Backpacking Backpack w/frame ~3,000-4,500 in³ (if you got one bring it. If not, it’s optional)
- Mountain Bike (definitely optional)
- Fleece Sweat Shirt or jacket-No cotton! (something that can layer over your everyday clothing and take off easily)
- Sweat Pants- better if non-cotton (something that can layer over your everyday clothing and take off easily)
- Rain Poncho/Jacket (Cheap pocket type, OK)
- Flash Light-Headlamp preferred
- Day Pack/Small Backpack (optional)
- Bible & Journal(a no brainer, but thought we’d remind you anyways)
- Prescription Medications
- Optional If you have it: Rafting Helmet, Type III or V Life Jacket, Wetsuit, Goggles, Rock climbing harness, helmet, shoes
- **RNW needs to see the originals of the following (Driver’s License, Social Security Card, Auto insurance, Health insurance, CPR/First Aid Certifications...)**

Rock-N-Water is located in the foothills of the Sierra Nevada's and tends to be cold in the morning (55°F) and hot in the day (+95°F). Dress in layers that can be easily added or removed as the day progresses. A lot of staff tend to wear sweats and sweaters at breakfast with swim suit, t-shirt, and board shorts underneath for when it heats up an hour later. In fact you might find yourself living 24 hours a day in your swimsuit, t-shirt, board shorts, and sandals; while occasionally throwing a jacket on in the early and late hours.

Keep in mind that these are simply suggestions of what you might want to bring. There are other things not on the list that you (or others around you) may want you to bring (like Soap).

If you have any questions about what to bring, please contact us. We would love to help you.

Rock-N-Water - A Christian Adventure Camp

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