

SUMMER - DA STUFF TO BRING

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

What to Bring

Sandals or Old Shoes
Dry Shoes
Swimsuit and/or Boardshorts
Dry Shorts
T-Shirt
Hat
Dry Clothing
Prescription Medications
Bible

Why

To get wet - Sandals need an ankle strap. Avoid "water socks"
Something dry to change into
To get wet in (Please keep it modest/appropriate for athletic activity)
Something dry to change into
Comfortable
To block the sun
You may get wet (it's Rock-N-Water)
Keep urgent meds on you, but we'll have you lock up other medications

Optional

Sunscreen
Long Sleeve Rash Guard
Diving mask
Water bottle
Waterproof camera

It's sunny out there.
Unless you get cold easily, a long sleeve nylon shirt is better than sunscreen.
To explore underwater on **Rock Climbing** or **Canyon days**
For use around camp. We'll bring water for you on adventures,

If Spending the Night

Pants / Sweats
Changes of Clothing
Sweatshirt or Warm Jacket
Underwear
Socks
T-Shirt
Toothbrush & Toothpaste
Sleeping Bag and Pad
Pillow
Tent or Tarp
Duffle Bag
Flashlight

Loose and comfortable - it can get cold early in the morning
Something dry to change into
It can get cold at night and in the early morning
Don't leave home without 'em!
Dirty socks are dirty
Your other T-shirt might get wet
Morning breath
The Bag to sleep in, and the Pad to sleep on.
It's better with just one
We recommend sleeping outside on a tarp. Our staff do it all summer long.
To put everything into

Optional Night Stuff

Rain Jacket
Soap
Towel
Mosquito Repellent (optional)
Musical Instrument (optional)

Recommended if Rain is in the forecast: rocknwater.com/weather
Our guides may smell, but you don't have to
To dry off after a shower - you won't need it for adventures
Can be helpful (but read the warning label)
We like music

Optional for Leaders or as a group

Laundry Line For drying clothes
Board/Card Games We don't give much free time, but can be handy if your group likes it

If coming during the spring or fall (bring it if you have it)

Wool Socks, Wool Sweater, Poncho/Rainjacket, Wetsuit And Booties, Warm Hat

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

