

QUICKWATER GIRLS SESSION EQUIPMENT LIST

Clothing

2 pair long pants
4 Pair shorts
10 pair socks
1 pair work shoes
1 pair hiking shoes (broken in)
1 pair sandals
Water shoes for river float
(can be sandals, if have a strap, not flip flops)
8 short-sleeved shirts
2 long-sleeved shirts
10 pair underwear
1 swimsuit
1 warm jacket
1 sweatshirt
Rain Jacket or Poncho
Pajamas
Clothing for church worship
Sun hat
Work gloves
Bandanna

Optional Items

Drawing materials
Journal
Books
Camera (not with phone)
Musical instrument
Sheet music
Stationery, pen, stamps
Board or card games
Hammock

Personal Items

1 bath towel
1 hand towel
Soap
Shampoo
Deodorant
Sunscreen
Insect repellent
Toothpaste
Toothbrush
Pads or tampons
Chapstick
Laundry bag
Scriptures (not digital)
Wristwatch (no smartwatches)
Pillow
Twin fitted sheet and blanket (optional)

Equipment

Frame backpack (your size, not your dad's)
Lightweight day pack or string bag
Sunglasses
Plastic water bottle (1 liter, wide mouth)
Personal first-aid kit
Backpacking sleeping bag
Backpacking pad
Ski hat
Headlamp
Whistle
Lightweight cup
Light long-handled spoon

Contact us in advance if you are unable to bring the necessary backpacking equipment, including a lightweight sleeping bag and pad. Car camping or sleepover sleeping bags are not sufficient.

As you pack we ask that you avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are. Your respect for yourself and others will increase as you honor your body through your appearance and dress.