

CSUSB Adventure Paddle Weekend Packing List

(Items in **Bold** are available to check out)

Pack and Sleeping:

- Day Pack
- **Duffle Bag**
- **Sleeping Bag**
- **Sleeping Pad**

Upper Body:

- **Waterproof Jacket**
- Fleece Jacket or Sweatshirt
- Synthetic Long Sleeve Top(s) – Polypro, Capilene, or Polyester
- Cotton or Synthetic Blend Hiking Shirt(s) (Breathable Layer)
- Cotton or Synthetic Camp Shirt(s) (a Clean Shirt to Wear at Camp)
- Sports Bra

Lower Body:

- Nylon Shorts
- Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- **Waterproof Pants**
- Underwear
- Synthetic Long Underwear
- Bathing Suit

Feet, Hands, and Head:

- Comfortable Camp Shoes
- Hiking Socks (No Cotton)
- Wet Shoes or Sport Sandals (if needed)
- Gloves
- Wide Brimmed Shade Hat
- Beanie or Stocking Cap

Personal Items:

- Toiletries (Toothbrush, Toothpaste, Soap, Tampons, Contact Lenses and Cleaning Solution)
- Small Towel
- Earplugs (optional)
- Sunscreen
- Insect Repellent
- First-Aid Supplies (NSAIDs, Band-Aids, After-Bite, personal medications, blister care)
- 2 Reusable Water Bottles (1 quart)
- Headlamp with Extra Batteries
- Sunglasses
- Trash Bags
- Camera, book, or journal (optional)

Group Equipment that CSUSB Adventure will provide:

- **Expedition First Aid Kit**
- **Stoves, Fuel, Cooking Gear**
- **Tents, Water Treatment**
- **Repair Kit for Tents, Stoves, Packs, etc.**
- **Boats and Paddle Gear**