



# Overnight Camping & Caravan Gear List

This gear list covers items you will need when participating in a Monday through Friday, five-day overnight camping Caravan. You will meet at BMS early on Monday morning and return on Friday afternoon.

**You will want to bring the following items. Bring what you have, and some items may be available to borrow.**

- ✓ Backpack
  - Use a regular, school backpack with two working straps so you can evenly balance your load on your back
- ✓ Water bottles
  - At least 32 ounces per day (no soda, no “energy” drinks, and no other caffeinated drinks; Gatorade or similar drinks are fine)
- ✓ BIG, “green” lunches
  - Minimize pre-packaged foods and candy
  - Aim for healthy options like sandwiches, fruit, nuts, granola bars, etc.
  - Bring lunch on Monday. Also bring money (\$10 or less) so that we may stop at a restaurant for Friday’s lunch. *Meals will be provided for all other meals. Please let us know if you have food allergies, are a vegetarian, or have food restrictions of any kind.*
- ✓ Lots of layers (t-shirt, long sleeve shirt, sweatshirt, fleece jacket, etc.)
  - No skimpy tank tops or short shorts—BRING SCHOOL APPROPRIATE CLOTHING
  - Avoid cotton where possible
  - You will definitely need very warm tops and bottoms while camping
- ✓ Modest swimsuit, in case there is an opportunity to go swimming (no bikinis please)
- ✓ Non-cotton pants
  - Read the labels—nylon pants are much more comfortable than jeans, and jeans dry out very slowly; if you have no other pants, though, wear your jeans
  - Shorts are probably okay, as long as you also have long pants with you
- ✓ Warm socks (not cotton) and extra socks
- ✓ Comfortable, sturdy shoes
  - You may also want to bring sturdy sandals
- ✓ Waterproof or rain jacket
  - It can be difficult to predict when it will rain
- ✓ Waterproof pants (if possible)
  - Bring even if rain doesn’t seem likely
- ✓ Plastic grocery bags for inside your shoes, in case of heavy rain
- ✓ Extra clothes, in case you get wet
- ✓ Sunglasses, sunscreen, lip balm, and bug spray
- ✓ Visor or ballcap
- ✓ Other camping gear
  - Gloves; warm, winter hat (yes, even though it’s summer); flashlight; sleeping bag; sleeping pad; pillow; a few small snacks; toiletries (toothbrush, toothpaste, brush/comb, contact solution, feminine hygiene products, wet wipes, etc.)
- ✓ Any personal medications or inhalers (you will give these to Rocks and Water staff to carry)
- ✓ A smile and a great attitude! ☺

LEAVE YOUR IPODS, MP3 PLAYERS, HANDHELD VIDEO GAMES AND ALL OTHER ELECTRONIC DEVICES AT HOME. CAMERAS AND CELL PHONES ARE OKAY, BUT BMS/ROCKS AND WATER CANNOT BE HELD RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. *We may be out of cell phone range at times; parents, please don’t call your children unless there is an emergency. Students will have occasional opportunities to contact you.*