



## Participant Packing List

### LODGING.

Sleeping Bag/Pillow

Towel for Swimming Pool and hot tub

Headlamp or flashlight

Warm layers for cool evenings

Closed toe shoes for the adventure center and on-site hiking trails

Personal Hygiene

### MEALS

Check with your trip leader regarding your group's meal plan

We have gluten free and nut free options. However, our facility is not gluten free. The campground serves the general public and our grounds and buildings are not nut free.

For severe allergies we recommend packing your own meals in a personal cooler.

### ACTIVITIES

Medications (Epi-pens, inhalers, diabetic medications, Prescribed medications)

Release Forms signed by Parent or Guardian

Bathing Suits and shorts for water-based activities

Synthetic layers, swim shirts, sunscreen

Closed toe shoes for hiking, rock climbing, overnight camping

Water shoes (with a heel strap) for all water-based activities (sneakers are great)

Rain gear

Optional items:

Sunscreen-Water Bottles-Baseball Hat-Sunglasses-Bug Spray

\*We will provide wetsuits for water based activities if the weather conditions warrant them

Please contact our office with any questions prior to your arrival.

207-672-4300 or [rafting@adv-bound.com](mailto:rafting@adv-bound.com) or text John at 207-612-9105