



Participant Packing List

LODGING

Sleeping Bag/Pillow

Towel for Showers, 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

Rain Gear

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.

Please let us know of any allergies and dietary restrictions prior to arrival.

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

(Spring & Fall - fleece hat that fits under helmet, thin gloves, layers for under or over wetsuits: baselayers, extra raincoat)

Swim shirts, sunscreen

Closed toe shoes for hiking, rock climbing, overnight camping

Water shoes or sandals (with a heel strap, not cros) for all water-based activities (extra sneakers are great)

Rain gear

Optional items:

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 or text John at 207-612-9105