

# GOALS YOUTH RIVER EXPEDITIONS SUGGESTED PACKING LIST

GOALS RECOMMENDATIONS BASED ON EXPEDITION LENGTH

## CLOTHING

	4 - 5 DAY EXPEDITION	6 - 9 DAY EXPEDITION	10 - 16 DAY EXPEDITION
HAT - WITH BRIM (FOR SUN)	2	2	2
HAT - WARM HAT (FOR SLEEP)	1	1	1
RAIN JACKET	1	1	1
RAIN PANTS (NOT REQUIRED)	1	1	1
SOCKS (FOR HIKING OR SLEEPING)	1	2	2
WATER SHOES (OR SANDALS WITH HEEL STRAP)	1	1	1
CAMP SHOES (LIGHT HIKING SHOES)	1	1	1
FLIP FLOPS (IF YOU PREFER FOR CAMP WHEN NOT HIKING)	1	1	1
SUN SHIRTS (LONG SLEEVE)	2	3	4
CAMP SHIRTS (SHORT SLEEVE / T'S)	2	3	4
SHORTS	2	2	2
SWIM SUITS	2	2	2
FLEECE / LIGHT JACKET (& PUFFY FOR SPRING / FALL)	1	1	1
PAJAMAS / THERMAL LAYER	1	1	1
PANTS (DENIM / CANVAS / NYLON)	1	2	2
UNDERWEAR	3	4	5

## PERSONAL ITEMS

SUNSCREEN (PLEASE NO AEROSOL)	1	1	1
LIP BALM / LOTION	1	1	1
TOOTHBRUSH / PASTE	1	1	1
SOAP / SHAMPOO / DEODORANT	1	1	1

## GEAR

SLEEPING BAG	1	1	1
PILLOW CASE	1	1	1
SUNGLASSES (PACKED IN A HARD CASE - WITH CHUMS)	2	2	2
HEADLAMP / FLASHLIGHT	1	1	1
GOALS JOURNAL	1	1	1
BOOK / SKETCH BOOK (IF YOU'D LIKE)	1	1	1
CAMERA / BATTERIES (GOPRO OR WATERPROOF)	1	1	1
WATER BOTTLE (ONE LITER NALGENE OR EQUIVALENT)	1	1	1

## TO GIVE TO GOALS LEADER

WAIVERS / HEALTH FORMS	1	1	1
PRESCRIPTION MEDS / MED FORMS	1	1	1
GUIDE TIP	\$40 - \$50	\$60 - \$90	\$100 - \$160

## FOR THE ROAD

SPENDING MONEY - GAS STATION STOPS

DEPENDS OF YOUR GAS STATION SPENDING HABITS