

## Highland Summer Camps PACKING LISTS – Edge Camp off-site trips

Campers who are participating in off-site adventures as part of their Highland experience may need to bring some additional items.

Please bring these items in a small backpack or day pack that will be easy to grab when it's time to head out on your adventure.

### ***1<sup>st</sup> Edge Camp – Friday day trip***

#### **Paddling trip with WILD GUYde Adventures:**

- WILD GUYde Medical Form/Participant Agreement
- Swimsuit or shorts and t-shirt, small towel
- Hat with all-around brim
- Sunblock
- River shoes (old sneakers, aqua shoes, or sandals with a heel strap)
- Something for rain (poncho, rain jacket)
- Something for warmth (fleece, sweatshirt, light jacket)
- Sunglasses with a holder strap (optional)
- Waterproof drybag or float bag if you have your own
- WILD GUYde will supply Personal Flotation Devices (life vests), canoes, paddles, gear buckets or drybags, and safety equipment

### ***2<sup>nd</sup> Edge Camp – 2-night West Virginia adventure***

#### **Paddling, caving, etc. with Seneca High Adventure Christian Camp:**

- SHACC Medical and Liability Release Form – must be notarized!
- **This is a 2-night trip**, so bring all your regular toiletries, Bible, sleeping bag and pillow, sunscreen, swim gear, etc. The medications you turn in to Highland staff at the start of the week will come along on this trip, too. *Please make sure to pack these things in a smaller bag or backpack (not a large hiking pack or suitcase), for the sake of space in the vehicles when travelling to and from SHACC.*
- Clothing for several days, including something for rain and something for warmth, just in case
- Water bottle – very important!
- At least 2 pairs of sturdy sneakers or boots
- A day pack to carry supplies on the adventure excursions
- **For caving**, an old sweatshirt/long sleeve shirt, jeans, and old boots or sneakers that can get muddy and possibly ruined