

SUMMER - DA STUFF TO BRING

Anything you bring might get wet or lost, so leave anything of great value at home.

What to Bring

Why

Sandals or Old Shoes	To get wet - Sandals need an ankle strap. Avoid "water socks"
Dry Shoes	Something dry to change into
Swimsuit and/or Boardshorts	To get wet in (Please keep it modest/appropriate for athletic activity)
Dry Shorts	Something dry to change into
T-Shirt	Comfortable
Hat	To block the sun
Dry Clothing	You may get wet (it's Rock-N-Water)
Prescription Medications	Keep urgent meds on you, but we'll have you lock up other medications



Optional

Sunscreen	It's sunny out there.
Long Sleeve Rash Guard	Unless you get cold easily, a long sleeve nylon shirt is better than sunscreen.
Diving mask	To explore underwater on Rock Climbing or Canyon days
Water bottle	For use around camp. We'll bring water for you on adventures,
Waterproof camera	

If Spending the Night

Pants / Sweats	Loose and comfortable - it can get cold early in the morning
Changes of Clothing	Something dry to change into
Sweatshirt or Warm Jacket	It can get cold at night and in the early morning
Underwear	Don't leave home without 'em!
Socks	Dirty socks are dirty
T-Shirt	Your other T-shirt might get wet
Toothbrush & Toothpaste	Morning breath
Sleeping Bag and Pad	The Bag to sleep in, and the Pad to sleep on.
Pillow	It's better with just one
Tent or Tarp	We recommend sleeping outside on a tarp. Our staff do it all summer long.
Duffle Bag	To put everything into
Flashlight	

Optional Night Stuff

Rain Jacket	Recommended if Rain is in the forecast: rocknwater.com/weather
Soap	Our guides may smell, but you don't have to
Towel	To dry off after a shower - you won't need it for adventures
Mosquito Repellent (optional)	Can be helpful (but read the warning label)
Musical Instrument (optional)	We like music

Optional for Leaders or as a group

Laundry Line	For drying clothes
Board/Card Games	We don't give much free time, but can be handy if your group likes it

If coming during the spring or fall (bring it if you have it)

Wool Socks, Wool Sweater, Poncho/Rainjacket, Wetsuit And Booties, Warm Hat

NOTE: ALL PIANOS, TROMBONES, AND KAZOOS ARE WELCOME. BUT ALL SATELLITE-DISHES, CELL PHONES, ELECTRONIC GAMES, TV SETS, MUSIC PLAYERS AND JUNK FOOD/DRINKS ARE NOT ALLOWED.

