



Rock Lake Christian Assembly Pack List – Hiking & Whitewater Rafting

Required Equipment

1 pair shorts
1 pair long pants (no jeans, no cotton)
1 t-shirt
1 long-sleeved shirt (warm)
polar fleece jacket
1 set thermal underwear (top & bottom, no cotton)
underwear
2 pair heavy socks (no cotton)
2 pair lightweight sock liners (usually poly-pro, no cotton)
wool stocking cap
gloves
rain suit (ask Dale!)
hiking boots (broken in, not new)
flashlight with new batteries & one set of spares
toothbrush and small tube toothpaste
other personal toilet articles:
 wet wipes, small towel, brush, comb, lip balm etc
insect repellent
hat with brim
sunglasses
sunscreen
2 one-quart water bottles
toilet paper & baggies for used paper
insulated mug
Bible & pen

Optional Equipment

small pillow (pillowcase stuffed with clothes works)
camera & extra batteries
lightweight camp shoes (sandals or slippers)
sitting pad (no chairs)

Provided Equipment

backpack
tent
sleeping bag
sleeping pad
stoves
cooking pot
water filters
first aid kit
whistles
trowels
rope/hanging system
dry bags for hanging food
cooking pouches & spoon
all food
journal

Other Items (not to go on backpacking trip)

Swimsuit
clean clothes for trip home
towel, soap, shampoo, etc.
 (for shower before & after trip)

Personal medications / nutritional supplements / herbals must be in original container and will be given to the Health Officer with appropriate instructions during the Check-In process.

If you have any questions, please feel free to contact Dale Lautzenheiser at dale@countrychristianchurch.com.