



Rock Lake Christian Assembly Pack List - River Trips

Please Note: A backpack or duffle bag is the most suitable type of luggage when packing for a river trip. It takes up less room in your tent and packs easier in the supply van.

Optional: A waterproof camera
A five (5) gallon plastic bucket with a tight-fitting lid function as a good container for your personal supplies. It is waterproof and serves as a seat.

What to Bring: Bible
Mission Money
Sleeping pad
Sleeping bag
Small pillow
Flashlight
Rain gear
Insect repellent
Sunscreen (SPF 15 or higher)
2 Bandanas
Jacket or sweatshirt
Whistle on a lanyard
Knife, fork, spoon
Mess kit (plate, bowl, cup, etc.)
Pen and / or pencil
2 water bottles
Extra shoes or aqua slippers / water shoes
Footwear for around the camp (like tennis shoes)
Hat
Lip balm
Sunglasses (short strap would be beneficial on all glasses)
Swimsuit (Please refer to dress code.)
Warm weather clothing
Cold weather clothing
Towel, washcloth, soap (biodegradable preferred)
Other personal items
Ziploc freezer bags – quart-size and one-gallon size
4 large garbage bags
Small waterproof bag for your daily personal supplies
TYPE III PFD (life jacket) if you have one. If you do not have this type of PFD, the camp will provide one for you. ALL CANOEISTS ARE REQUIRED to wear a TYPE III PFD while in a canoe.

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.

Please do not bring the following: Tablets, Hand-held Games, Radio, Candy, Knife, Hatchet, Saw Fireworks. Campers are expected to follow the cell phone policy established for their camp, addressed at the opening session.