

RECREATION & WELLNESS

WHITEWATER RAFTING/ HIKING PACKING LIST

WHAT GVSU PROVIDES

The following items will be provided by GVSU. You do not need to purchase them.

- First Aid Kit
- GPS Communication Device
- Insect Repellent
- Sunscreen

YOUR PACKING LIST

You are responsible for providing the following items. Before departing, our trip leaders may check to ensure that the most vital equipment is packed and appropriate for the planned activities. Space will be limited in the vehicle. Personal items you bring that are not on this list are subject to the approval of the trip staff. If forgotten, certain personal items may be available at the ACE Resort store.

CONSIDERATIONS

Includes clothing items for travel days to-from WV, whitewater rafting and hiking.

Lodging consists of a group bunkhouse with electricity. Beds do not include linens. There are modern shower facilities and bathrooms a short walk away.

For paddling/ hiking days, keep in mind that lighter colors reflect the sun better than dark and will feel cooler. Synthetic materials will dry faster than natural materials like cotton.

CLOTHING

- ☐ 2 Synthetic t-shirts
- ☐ 2-3 Cotton t-shirts for travel days/ around the cabin
- ☐ (Optional) Long-sleeve sun shirt for UV protection
- ☐ 1 Rain jacket
- ☐ Sun/ baseball cap or bandana (if worn on the river, must fit under the helmet)
- ☐ 1-2 Pair synthetic shorts for activity days (consider pants for hiking)
- ☐ 1-2 Pair shorts for travel days
- ☐ Underwear
- ☐ Comfortable shoes or sandals for around the cabin
- ☐ Sturdy shoes or sandals with a heel strap for hiking
- ☐ River shoes or sandals with a heel strap for on the river
- ☐ Shower Shoes
- ☐ 4 Pairs of socks (adjust as-needed if wearing sandals)
- ☐ Swimsuit
- ☐ Sleepwear

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PERSONAL HYGIENE

- ☐ Toothbrush/ toothpaste
- ☐ Soap/ shampoo
- ☐ Deodorant
- ☐ Hair brush/ Comb (as-needed)
- ☐ Glasses/ contacts + supplies (as-needed)
- ☐ Personal medications (as-needed)
- ☐ Femenine hygiene (as-needed)

ESSENTIAL ITEMS

- ☐ Personal ID
- ☐ Credit/ debit card
- ☐ Sleeping bag or blanket
- ☐ Pillow
- ☐ Small backpack for hiking
- ☐ Water bottle w/ 1L capacity
- ☐ Towel
- ☐ Road snacks
(optional) Sunglasses w/ strap

QUESTIONS?

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