Get pumped for the awesome experiences you are about to have! This trip is going to be no walk in the park. The adventures that you are going on will require you to get dirty, smelly, and wet. Because of that, it is essential that you pack accordingly!

**What Camp Hanes will provide:**

Tents

Food

Any programmatic equipment

Sleeping pad (NOT SLEEPING BAG): Camp will provide a pad but you arewelcome to bring a pad that the participant finds comfortable.

**Here are a few things you should bring on your trip in addition to normal packing:**

Extra clothes – will get dirty

Long pants and Sweatshirt (or long sleeve shirt) for caving (the cavern temperature is 52⁰)

Bathing Suit

Cheap Sunglasses for Rafting (Optional)

Croakie/glasses strap required to wear sunglasses/glasses while rafting

Shoes for caving – they will not come out the same color

Sandals/shoes for whitewater rafting – sandals are preferred (**must strap or tie to foot**)

Flashlight

Water Bottle

Sunscreen

Sleeping Bag (NOT SHEETS)

Pillow

Towels (2)

**What to Bring and What to Wear on a Whitewater Rafting Trip**

Appropriate shoes are required for participation in all whitewater rafting trips. Water shoes, tennis shoes, and sandals are allowed but they must have a heel strap. No Flip-Flops or Crocs!

If you wear prescription eyeglasses or sunglasses we recommend a retainer and have them for sale in the USA Raft store. We will provide you with paddle, helmet, and PFD.

**Summer months:**

(May through September)

* Swimsuit or shorts and t-shirt work well.
* Hats will fit under our rafting helmets for extra protection from the sun.
* Sunglasses are not required but recommended. Glasses straps are available in our retail stores.
* Shoes are required on all of our adventure trips. You may wear old tennis shoes, water shoes or sandals with a heel strap. No Flip-Flops or Crocs!
* Sunscreen
* Water bottle
* No jeans or heavy cotton sweatshirts as they are unsuitable for physical activity during whitewater rafting.
* Appropriate shoes are required for participation in all whitewater rafting trips. Water shoes, tennis shoes, and sandals are allowed but they must have a heel strap. **No Flip-Flops or Crocs!**

**Recommended Gear List - Worley's Cave Half Day Trip**

* Worley's Cave What To Bring and What To Wear
* Closed toed shoes with good tread are required. You will be walking on slippery surfaces the entire time.
* Wear pants and long sleeves. The cave is 55 degrees year round and you will get wet!
* Wool socks, gloves, and hiking boots or tennis shoes are recommended.
* You may want to bring a small backpack with water and snacks.