

ECO-ACT MERAMEC FLOAT TRIP

As you pack, please keep in mind that our boats are full! Pack lightly, including the following, into Ziploc bags, and then into a small bag, labeled with your name.

Please also bring a **Brown Bag Lunch** (in a disposable container) for Tuesday

Things to bring packed in sealed clear plastic bags, and then inside a small bag:

1-2 Sturdy (no string bikinis) Swimming suits
Water shoes: old tennis shoes, Teva-type sandals, etc. *No Flip Flops in the Canoe*
Flip Flops or other comfy shoes for wearing around camp—we are *NEVER* barefoot at camp!
1 or 2 pairs shorts
3-4 short sleeved shirts/T shirts
1 long sleeved shirt
1 heavy weight long sleeved shirt or sweatshirt (For chilly evenings)
Undergarments
1 or 2 pair socks
1 hand-sized or pack towel
Hat or cap (to protect you from the sun)
Sunscreen
Toothbrush and other personal items
Plastic/Metal bowl and plate
Fork and Spoon
1 or 2 Bandannas (handy as wash cloth or napkin)
2 garbage bags
Sleeping clothes
Sunglasses
Rain gear (poncho or rain coat)
Flashlight

Things to bring if you have them (if not, the Garden will supply):

Compact Sleeping bag (in a trash bag)
Sleeping pad
1 (liter) water bottle, labeled with your name

Optional items:

Water-proof Camera
Glasses hooks!!
Small daypack (for easy access in canoe; remember, this will get WET!)
Crazy wigs, eccentric hats, tacky/fun clothing
Toiletries and Towel for Shower Tuesday Evening (Not to be taken on the river)

Things to leave at home

Jewelry
Cell phones, i-pod(mp3 player), etc.
Radios and other electronic devices

Remember that everything you bring is something that you will have to carry and that it may be damaged! Please do not bring your best shoes and clothing.

Arrive at the CBEC Building at 9:00 a.m. on Tuesday morning. We will return Friday around 4:00 p.m. *Don't forget to pack lunch for Tuesday!*