

R.A.D. Camps What To Bring List

(please note that electronics are discouraged at R.A.D. Camps)

Day Adventures

- Day pack
- Water bottle! Bring plenty of water and hydrate before camp!
- Sack lunch (***bring extra food***) This is extremely important as kids burn more calories on RAD Camps days than a normal days and tend to want to eat the guides lunches!
- **Sunscreen (apply in the morning before camp)** Bring extra sunscreen to re-apply throughout the day.
- Sunhat
- Sunglasses
- Bug spray
- Warm non-cotton clothing (base layer, mid layer, socks, beanie)
- Rain gear
- Swimsuit (proper fitting board shorts and swimming shirt are best for boys and girls)
- Chapstick
- Sturdy hiking shoes or boots
- Swimming shoes or sandals with heel strap
- Big smile
- **Optional:** PFD (encouraged), camera, goggles, fishing rod, book, etc.