

# **RAD Camps What To Bring Lists**

(please note that electronics are discouraged at RAD Camps)

## **Single Day Adventure**

- Day pack
- Water bottle
- Sack lunch (Bring extra food)
- Sunscreen (Apply in the morning before camp)
- 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:** Camera, goggles, fishing rod, book, etc.

## Overnight Adventures

- Overnight Backpack
- Water bottle
- Sunscreen (apply in the morning before camp)
- Sunhat
- Sunglasses
- Bug spray
- Warm non-cotton clothing  
(base layer, sweatshirt/mid layer, socks, beanie)
- Rain gear
- Swimsuit  
(proper fitting board shorts and swimming shirt  
are best for boys and girls)
- Sturdy hiking shoes or boots
- Swimming shoes or sandals with heel strap
- Tent
- Sleeping bag
- Sleeping pad
- Flashlight or headlamp
- Toiletries  
(toothbrush, toothpaste, chapstick, medication, etc.)
- **Optional:** Camera, goggles, fishing rod, book, etc.