



PACKING INFORMATION

Rafting + Backpacking Trip

We are excited to have you join us for a COR Expedition! Please read over the following information carefully in order to prepare for your course and arrive with the proper clothing and personal gear. The second page of this document is a complete packing list, including both the items that are available from COR *at no additional cost* and the items that you must bring yourself. Please submit your gear reservation form for the items available from COR on your trip registration page. Forms must be submitted by the paperwork deadline for your trip to guarantee proper sizing and availability.

- NO COTTON CLOTHING
- Pack items suitable for backpacking – i.e. lightweight and compressible
- Bring one set of clothes and shoes that can get wet on the river, and a second set to change into when you get to camp.
- Please bring a bag (book bag/duffle) to contain items that will remain in the car
- Sleeping bags should be lightweight, rated for 0° to 20°F, and have a compression sack
- Expect your layers to see wear and tear
- Many of the items on this list are available from mass-retail stores such as Walmart or Target if you do not already own them.
- Remember that weather can change rapidly on the river from warm and sunny to cold and rainy! Temperatures drop significantly at night, so warm layers are essential.
- A clean set of clothes for your trip home is highly recommended!
- Feel free to bring a journal, a small Bible, other reading, etc.
- COR Expeditions provides all river equipment, tents, stoves, cooking supplies and group gear. There is no need to bring these items unless you would like to use your own gear.

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- ALL items on the following list are **required** unless otherwise stated
 - Rental Gear is provided *at no additional cost!*
 - **You will be responsible for the full replacement cost of any lost or damaged gear** beyond normal wear and tear or manufacturing defect.
 - If you have questions about any of the items on this list as you are preparing for your trip, please contact us! We are more than happy to help!



Items Available from COR (no additional cost)*

*Fill out the online gear reservation form on your trip registration page to request these items. If you do not request an item, it is assumed that you are bringing it yourself.

ITEM NAME	REQUIRED
Mid-weight Fleece or Synthetic Sweatshirt	1
Puffy Jacket	1
Rain Jacket	1
Beanie/Warm Hat	1
Internal Frame Expedition Backpack (65+10L or more)	1
Sleeping Bag (rated for 0° to 20°F) w/compression sack	1
Sleeping Pad	1
Headlamp w/extra batteries	1
Camp Chair (Crazy Creek or similar)	1

Items NOT Available from COR

You must bring these items yourself.

ITEM DESCRIPTION	REQUIRED
Duffle Bag or Suitcase	1
Small Backpack for Day Hikes	1
Swimsuit	1
Synthetic T-shirt	2-3
Synthetic Long Sleeve Shirt	2
Synthetic Shorts	1-2
Synthetic Pants (zip-off pants that become shorts are great)	2
Waterproof Rain Pants (shell layer)	OPTIONAL
Base Layers: top and bottom (non-cotton leggings/long underwear)	1
Underwear	3-5 pairs
Socks (wool/synthetic)	3-5 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair
River Shoes (they will get wet and must stay attached to the foot - no flipflops/Crocs, but sandals with secure heel straps (e.g. Chacos) are fine)	1 pair
Camp Shoes (must be closed-toe: e.g. old tennis/athletic shoes or crocs)	1 pair
Hiking Shoes/Boots	1 pair
Lightweight Gloves	1 pair
Sun Hat or Ball Cap and Bandana	1 each
32oz Water Bottle (Nalgene brand or similar) w/carabiner attached	2
Sunglasses (with strap), Sunscreen, Lip Balm, Bug Spray (travel sizes)	1 each
Personal Hygiene: Towel, Toothbrush/paste, deodorant, shampoo/conditioner, feminine hygiene products, etc. (travel sizes)	1 each
Personal Hand Sanitizer and Face Masks	1 bottle, 2 masks
Plastic bags for wet or dirty clothes/shoes	2-3
Pocket Knife, Watch, Camera, Lightweight/Durable Coffee Mug	OPTIONAL