



## **COR Expedition Packing Information**

### **July 2021 Family Multi-Adventure Trip**

- Clothing Suggestions - non-cotton clothing for hikes, raincoats, pants and shorts, warm jackets for the cool nights. The climate in this area can vary greatly even in July; bring layers so you can adjust to the weather. (You can expect night-time lows to be in the upper 40s and day-time highs to be in the 70s-90s. Quick afternoon thunderstorms are fairly common.) You can bring cotton clothing to wear around camp.
- Hiking shoes or boots
- Water shoes for swimming at the lake and rafting
- Swimsuits (or wetsuits if you have them for little kids) for swimming and rafting
- Towels
- Toiletries - shampoo/conditioner, toothbrush/toothpaste, deodorant, etc.
- Sun Protection - Sunscreen, sun hats, and sunglasses are highly recommended.
- Bug Spray - It's hard to tell how many bugs there will be, so come prepared.
- Daypacks/Backpacks - To carry lunch, water bottles, extra layers, etc.
- At least one reusable water bottle, preferably 2, per person required - please mark with your name
- Camp Chairs - We will have a limited number of camp chairs; if you have your own and have space in the car, please bring them.
- Musical Instruments - Feel free to bring a guitar, harmonica, fiddle, etc. for around the campfire.
- Flashlights or Headlamps - for walking around the camp at night.
- Tents, sleeping bags, sleeping pads - bring your own or request from COR (available at no additional cost) using the form provided at [corexpeditions.org/venture](http://corexpeditions.org/venture).

COR will provide all camp kitchen equipment, tents and sleeping bags according to your family's gear reservation, and the technical equipment required for all activities.