



RVRN Family Enrichment Program at A/U's 100 Elk Outdoor Center

Packing List

Note: Daytime temperatures range from 30–60 degrees, and nighttime temperatures are typically in the mid-30s.

To wear on the head:

- ___ 1 warm hat that covers the ears
- ___ 1 bandana
- ___ 1 baseball cap or other light hat that will shade your face from the sun
- ___ sunglasses
- ___ sunscreen lotion
- ___ lip balm

To wear on the top:

- ___ 5 t-shirts
- ___ 5 Long-sleeve shirts or turtlenecks
- ___ 1–2 Long underwear top (*optional*). Synthetic or wool—cotton NOT recommended.
- ___ 1–2 warm sweaters (wool, synthetic or fleece)
- ___ 1 rain jacket
- ___ 1 warm winter jacket (check the forecast to see if you need this)

To wear on the bottom:

- ___ 8 pairs of underwear
- ___ 1–2 pairs of long-underwear bottoms (*optional*). Synthetic or wool—cotton NOT recommended.
- ___ 4–5 pairs jeans or other long pants

___ 1 pair shorts (check the forecast)

To wear on the feet:

___ 1 pair hiking shoes, waterproofed and broken in

___ 1 pair sneakers (for in and around cabins and lodges)

___ 6 pairs socks (4 pairs warm wool or synthetic, 2 pairs nylon/cotton)

To wear on the hands:

___ 2 pairs warm, water-resistant gloves or mittens

Misc. required items:

___ 1 toiletry kit (toothbrush, toothpaste, comb, soap, shampoo/conditioner, shaving supplies, sanitary products, etc.)

___ 1 day pack (backpack to carry snacks/lunch, warm clothes, and other personal items)

___ 1 water bottle

___ Warm pajamas

Optional (recommended, if available):

___ swimsuit

___ flashlight

___ camera

___ binoculars

___ lightweight gloves

___ slippers for the cabin

___ Bible Lesson

100 Elk Store

Items range from \$1 – \$35 and merchandise includes stickers, long- and short-sleeve t-shirts, hooded sweatshirts, stuffed animals, and water bottles.

<https://100elk.org/outdoor-ed/wp-content/uploads/sites/4/2021/04/100-Elk-Store-2021.pdf>