

# Suggested Packing List

- water bottle
- SPF & bug spray
- sleeping bag
- hiking/running shoes
- water shoes
- sandals/slides (for camp)
- ear plugs (optional)
- eye mask (optional)
- 2 towels (face & body)
- 1 jacket/rain poncho
- 1 hoodie/sweater
- 1 bathing suit
- clothes for 2 days

