

Rotary Adventure Packing Guide

A suggested packing list for you. Put your name on EVERYTHING you bring since the group is so large.

If possible, try to bring enough clothes so you won't have to stop and do laundry; light t-shirts, socks, etc. can be hand-washed in your hotel sink. The weather may vary, expect snow, it also could be warm. . You can dress in layers. T-shirts, sweatshirts, windbreakers and sweaters are great for this. You can peel things **off or add things as you need.**

Bring your passport If you want to sleep and rest on the bus, bring your own small pillow

WE WILL NOT TOLERATE ANY STEALING OF PILLOWS OR TOWELS FROM THE HOTELS!

Bring prescription medicines in their original containers with the label showing the name of the drug. Be sure to bring enough aspirin/pain reliever/Ben Gay for two weeks. Day Pack: To keep all your belongings together on the trip, we suggest a small backpack (often called a day pack); You can keep your music player, headphones, water bottle, sunscreen, camera, etc. inside, and easily carry it during the day.

Drinking water is very important on this trip. Be sure to bring a refillable 2-liter water canteen/sports bottle with you. Fill it while traveling, and in the hotel room each morning before we leave for each day's adventures!

YOU WILL NOT BE ALLOWED ON THE HIKES WITHOUT A 2-liter WATER BOTTLE.

There are baggage weight limitations of a maximum of 50 pounds (23 kilograms). Also bags can't be bigger than 62 linear inches (Length + Width + Thickness). Pack as light as you can but remember there are no stops for laundry.

	Back Pack		Suitcase/Duffel		Medical Kit
	Ipod/Phone Music		Belt		aspirin/pain reliever
	emergency phone numbers		Sweatshirt (hoodie better)		Deodorant
	Money (\$400)		underwear/lingerie		hygiene products
	phrase/guide books		water shoes (White water rafting)		medical insurance info
	small flashlight		jacket/windbreaker/poncho		spare eye glasses
	sun hat/Cowboy hat/ball cap		alarm clock		Toothpaste
	Sunglasses		bathing suit		comb/hair brush
	Sunscreen lotion		Hiking shoes		Shampoo (3 Oz Bottles)
	trading pins		Gloves		shaving supplies
	2-Liter Water bottle/canteen		Hat Warm		stomach remedies
	business cards		Pajamas/sleeping clothes		Anti-Diarrheal
	Camera/Phone		pants/jeans		
	Make Up		sneakers		
	prescription medicine		socks		
	Passport		sweater		
	pen/pad/notebook		T shirts/tops/shirts		
	small backpack		tissues/handkerchief		
	small pillow for bus		Shorts (Western Trip)		
	Snacks		Small Towel for hiking		