EXTREMIST PACKING LIST

Bible

8 shirts

8 pairs of shorts (include some long shorts for when wearing a harness)

8 pairs of undergarments

8 pairs of socks

Pair of jeans/pants

2 pairs of tennis shoes (1 wet, 1 dry) DO NOT BRING:

flip flops/sandals

2 swimsuits (one-piece swimsuits for Chattooga) Water balloons

Backpack (they will take this hiking and camping) T.V. / DVD Player

Sunscreen Food or Candy

Bug repellent Ipod/ MP3 Player

Laundry bag Radio

Hat Weapons

Flashlight Gaming devices/ consoles

Stationary/stamps/writing utensils Video games

Bath/beach towels Drugs

Washcloths Fire Crackers

Sleeping bag Cell phone

Fleece/lightweight jacket NO tobacco products of any kind

Raincoat Knives

Twin sheet set

Blanket

Pillow

Pillow cases

Pajamas

Shower shoes

**TOILETRIES**

Deodorant

Soap and soap dish

Shampoo/conditioner

Toothbrush/paste

Comb/brush

Personal hygiene items

**Additional Items:**

Leather Work Gloves (optional for rappelling)

2-1 Quart water bottles

2 large trash bags

Old shoes for caving

Old long pants for caving

Old sweatshirt for caving

Disposable camera w/ flash or a

GoPro/Digital camera

Journal with 2 pens

Hammock with straps to hang it

bandana