The Native Teen Guide in Training camp is an overnight river trip along the San Juan River. Because we will be in remote areas, proper gear and clothing is essential for everyone’s safety and comfort. We may be hiking, spending time at camp, and whitewater rafting. You never know what can happen, so as a general rule, please do not bring anything new or fancy that you aren’t willing to get dirty or lose! On this trip campers will be given a large dry bag at the beginning of the trip. This will serve as a “checked bag” that is rigged down and inaccessible during the day. Each boat will also have dry “carry-on bags” where campers can store things they need during the day such as sunscreen and layers.

**Clothing Items**

___ Raincoat  
___ Rain pants  
___ Warm overcoat  
___ Warm layer    - fleece, sweatshirt, other warm top  
___ Shirts  
   ___ Boating time  
   ___ Camp time  
   ___ Bed time  
___ Pants  
   ___ Boating time  
   ___ Camp time  
   ___ Bed time  
___ Shorts  
   ___ Hiking time  
   ___ Camp time  
___ Swimwear  
___ Underwear    - Enough for trip length + extra  
___ Socks    - Enough for trip length + extra  
___ Hats  
   ___ Warm hat  
   ___ Sun hat  
___ Gloves

**Gear Items**

___ Sunscreen  
___ Water bottles  
___ Hiking/Walking shoes  
___ River shoes    - Any shoes you don’t mind getting wet. Sandals must have a heel strap, no flip flops while swimming or boating.  
___ Toiletries  
   ___ Toothbrush/toothpaste  
   ___ Bug spray  
   ___ Chapstick  
   ___ Personal health items  
___ Headlamp or flashlight  
___ Small Pillow  
___ Sunglasses

___ Sleeping kit  
   - These items can be borrowed for free  
   ___ Tent  
   ___ Sleeping Pad  
   ___ Sleeping Bag

___ Personal Medication, packaged with your name and dosage

**Pro Tip...dress like a guide**

You are likely going to spend most of the day on the water. Sun protection is required. Most sunscreens require application every couple hours to work. Choosing to cover up with long sleeve lightweight clothing will protect you from the sun more effectively.
Optional Items

___ Binoculars
___ Journal
___ A Book
___ Stuffed animals
___ Camp shoes

- Flip flops are ok around camp but not allowed on the river or for hiking activities.

Things to leave home

✗ All electronic devices
   Yes, including phones
✗ Pocket Knives
✗ Mess kit / silverware
✗ Matches / lighters

Pro Tip...gear management

We recommend bringing some clothing exclusively for active day time, and other clothing exclusively for camp down time and sleeping. Once you make camp, you can hang your daytime clothes on a line so that they are dry and ready for you the next day. Dividing your clothes will go a long way to promoting personal hygiene.

We are excited to see you soon!!