



AE-3 Packing List

What to Bring:

- 2, 1-qt. water bottles w/ screw-on lids (Nalgene) or hydration pack (CamelBak)
- Bath towel
- Closed-toed sandals with back strap for water activities
- Daypack (small backpack, no drawstring bags please)
- Flashlight/headlamp with spare batteries
- Hat with visor
- Hiking pants (preferably nylon; no jeans) (2 pairs)
- Lightweight gloves or mittens
- Lightweight jacket/softshell (water repellent and breathable)
- Long underwear (polypropylene, thermal or 50/50 blend)
- Mummy sleeping bag (synthetic, lightweight, rated to at least 20 degrees) **Rental Option \$20**
- Rain jacket with a hood (no ponchos) **Rental Option \$5**
- Running shorts (1 pair)
- Set of nice clothes for Banquet Night
- Shorts (2 pairs)

- Small travel Bible, notebook, and pen
- Sweatshirt (wool, synthetic, or fleece)
- Swimming suit (girls: one-piece only)
- Sunglasses
- Sunscreen and chap stick
- Synthetic or quick-dry long-sleeved shirt (2)
- T-shirts (4)
- Toiletries (toothbrush, toothpaste, shampoo, etc.)
- Trail runner shoes with good tread and support
- Underwear (5 pairs)
- Warm hat
- Wool or wool-blend socks (3 pairs)

Optional:

- Biking shorts (must be loose-fitting or worn under another pair of shorts)
- Camera
- Insect repellent
- Portable camp chair (i.e. Crazy Creek) **Rental Option \$8**
- Rock-climbing shoes - **Rental Option \$5**

Noah's Ark Rental Options

Camper's may rent any of the following items from Noah's Ark Rafting Co. for their rafting trip. Rental items will be charged to the camper's store account. Please take these prices into considering when determining how much money to deposit into your store account.

- Wet suit / Poly Pro Shirt Combo: \$7
- Splash Jacket: \$5
- Water Booties: \$4
- Poly Pro Shirt: \$2.50

AE-3 Preconditioning

In Adventure Experiences 3, campers should be prepared to hike over rolling terrain while carrying a day-pack, and hike extended distances (4-mi. loop and 16-mile loop) on rolling, single-track and dirt roads at 9000+ ft. elevation. In addition, campers will participate in rock climbing activities both on and off site, and white water raft on the Arkansas River with Noah's Ark Rafting Company.

Campers should increase conditioning prior to their arrival at camp, participating in aerobic/cardiovascular activities for 60-120 minutes, 2-3 times per week, at least 6 weeks leading up to the program (For this program, we recommend aerobic activities that emphasize the leg muscles).

Recommended Activities Include:

- Jogging/running
- Hiking while carrying weight
- Biking
- Swimming
- Sit ups, crunches, planks
- Push ups, arm curls

