

## Rock & River and H2O Packing List

The packing **check** list below will provide some helpful suggestions, however, please keep in mind that this is only a 3-day trip. **IT GETS COLD IN THE ADIRONDACKS AT NIGHT so bring some warm clothes!!** For any outdoor experience, it is a good idea to avoid 100% cotton clothing. They lose all of their insulating ability when they get wet. Polyester/cotton blends are better, and wool or synthetic clothing is best.

- Small Day Pack
- Ground Pad ◦