



Weekend Trip Gear List

We would like you to be prepared with clothing that will keep you safe, comfortable and warm on your adventure. All items on the list are important and should be brought to the program! Please let us know as soon as possible if you will need to borrow any items from Rippleffect.

- 1-2 Short sleeved shirts (preferably non-cotton)
- 1 Long sleeve shirts (preferably non-cotton)
- 1 Warm Wool Sweater, Polar Fleece or Down Jacket
- 1-2 pair of pants (preferably non-cotton)
- 1-2 pair of comfortable, quick-drying shorts
- 1 Warm Hat, Wool or Fleece
- Gloves or mittens (synthetic)
- 1 pair of Swim Trunks or Bathing Suit (Quick Drying)
- 2-3 Pairs Socks (Synthetic, Wool, or Smartwool)
- Sleeping attire
- Underwear (preferably non-cotton)
- Rain Gear - jacket and pants
- 1 Water Bottle (plastic, refillable)
- Sun Screen (sunlight reflects off the water - use SPF 30 or higher!)
- Sunglasses with strap
- Baseball Hat or Sun Hat
- Water Shoes – close toed shoes only, please (Crocs are fine.)
- 1 pair of comfortable shoes – close toed shoes only, please
- Warm Sleeping Bag & Sleeping Pad
- Flashlight or headlamp
- Small towel
- Toothbrush and toothpaste
- If you wear glasses, please bring a strap
- Small backpack for carrying day items around Cow Island
- Watch (optional)
- Camera (optional)

The DO NOT Bring List:

- Spray deodorant, hairspray, colognes or perfumes
- Flip flops or open-toed sandals
- Any electronic equipment: games, toys, cell phones, radios or iPods
- Cigarettes, Alcohol or Drugs
- Weapons: this includes knives or any item that could be considered a weapon.

→ **Please pack as lightly as possible. You will be responsible for carrying your own gear on the island. We ask that you bring only what you will truly need for your trip.**

→ ****PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton (including jeans) takes a long time to dry and does not keep you warm when wet. Polyester, synthetics, nylon, fleece, and wool are all great alternatives.