

# Advanced Pedal Paddle Packing List

## 3 Overnights

Dress for Adventure! Show up every day wearing comfortable clothing and the following.

Sun hat & sunglasses

Sturdy, comfortable hiking shoes

Sunscreen & insect repellent

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### Don't forget your...

Bike (not optional)

Helmet (not optional)

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### Pack these items every day (including overnights) in your "Day Pack".

Choose a comfortable backpack that can be carried on rides. A pack with a water reservoir works best. When we are on the river these items will be packed into a dry bag provided by Telluride Academy.

A healthy lunch w/ snacks

Warm fleece jacket

Rain Pants

Re-usable water bottle ◆

Rain Jacket

Biking Gloves

Hand Lotion, Chap Stick &  
Sunscreen

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### Pack these items for your overnight in your "Overnight Bag".

Choose a medium sized duffel bag or backpack that your child can carry short distances.

Packs should be large enough to accommodate your child's sleeping bag and pad. When we are on the river these items will be packed into a dry bag provided by Telluride Academy.

Flashlight / Headlamp

1 pair of long pants

1-2 Sun shirt/hoody

Warm hat & gloves

Synthetic base layer shirt & pants

Closed-toed water shoes (no flip flops)

A small camp towel ◆

Changes of underwear

Small toiletries kit

2-3 T-shirts

2-3 pair of synthetic socks

Synthetic or down sleeping bag

1 long sleeve

Bathing Suit

Sleeping pad

1-2 pairs of shorts

Re-usable mess kit ◆

Journal / sketch pad / book

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◆ These items are available for purchase at the Academy welcome desk.

**Packing 101:** Light is Right! Keeping your kids mobile in the field greatly enhances their experience. Synthetic materials are best. They pack small, wick moisture, dry fast and are warmer. Cotton gets wet, is heavy and should be avoided if possible. Having all of the above-mentioned items in your child's day pack every day prepares them for the ever-changing weather conditions of the San Juan region, **days will be hot and nights will be cool.** Day Packs should be packed for both non-overnight and overnight days. Day packs are taken inside the van with your child and are always accessible. Overnight packs are loaded on top of the van and are often not always accessible. With nearly 1,000 kids, 20+ vehicles and over 100 programs this summer it is essential to

**LABEL EVERYTHING!**