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| Medication (if you are taking any) |
| One large Ziploc Bag (for the medication) |
| Chigg-Away or other Insect repellent (with DEET) |
| Personal Hygiene Items (**Deodorant**, tooth brush, tooth paste, etc.) |
| Clothing and underwear for 7 Days |
| Towel (2) Wash cloth (1) |
| Swim Trunks \Swim Suits |
| Pillow |
| Sleeping Bag or Bed roll ( Blanket and sheets) |
| Tent Recommended (group tents will be available] |
| Rain Poncho or Rain Coat ( Umbrella) |
| Flash Light or lantern and spare batteries |
| **Suggested Optional Items** |
| Wet Wipes ( Large Pack) |
| Fishing pole and tackle |
| River Shoes (Beach shoes)  Life Preserver /Vests will be available through Camp |