



UNIVERSITY OF ARKANSAS R.O.C.K. CAMP ADVENTURE 2022 EQUIPMENT CHECKLIST

ESSENTIALS

- Photo I.D.
- Insurance Card
- Credit Card/some cash
- Small day pack
- Personal snacks
- 1 large water bottle
- 2 bath towels
- Personal Medication

EQUIPMENT

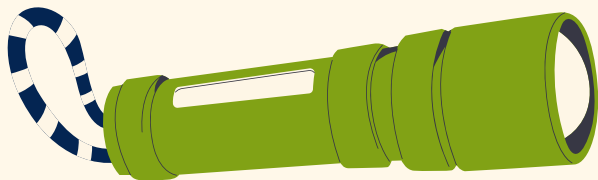
- Chapstick or Lip balm
- Personal first aid kit (band-aids, etc.)
- Sunglasses (with keeper strap)
- Toiletry Items (toothbrush, toothpaste, etc.)
- **SUNSCREEN**
- Hand Sanitizer
- Towel(Pack Towel)
- Small duffle bag (no large, hard-sided suitcases)
- **INSECT REPELLANT**

CLOTHING

- Water shoes-sandals with backs or old tennis shoes
- 3 pairs of wool/synthetic socks**
- Sun Hat or baseball cap
- Synthetic/Quick Dry Shorts and Pants**
- 2 Short sleeve non-cotton shirts**
- 2 Long Sleeve non-cotton shirts**
- Rain Gear (jacket w/ hood and pants)**
- Fleece or Synthetic Jacket
- Synthetic Underwear
- Hiking Shoes or closed toed tennis shoes
- Sleep wear (preferably non-cotton)
- Bathing suit (you may want to bring more than one)



** suggested for maximum comfort but not required



OPTIONAL ITEMS

- Camera, film, extra batteries
- Reading Material
- Hammock
- Board or Card Games

R.O.C.K. CAMP/UREC OUTDOORS PROVIDES

- Food (3 meals per day +2 snack per day in the backcountry)
- Climbing and canoeing equipment
- Stoves, pots, utensils, bowls, etc.
- Map, compass, route information
- Small flashlight or headlamp
- First Aid Kit(Instructor first aid kits DO NOT contain any prescribed medications such as Epi-Pens, inhalers, insulin, etc., it is the participants responsibility to provide all necessary medications and are required to make instructors aware of medications needed.)