

## Caves & Climbing Pack List

Item	# Required	Description
Sleeping Bag	1	Fiber-filled 30 degrees with no down or cotton stuffing (needs a stuff sack case)
<b>Dirty Old boots</b>	1 pair	For caving: these will be muddied, battered, and ruined for all other activities.
Sneakers	1 pair	Play shoes that will get dirty and wet. <i>Clearly labeled</i>
Sport sandals w/ a back strap	1 pair	For water play and showers (close toed). <i>Clearly labeled</i>
Socks	8 pair	For sneakers
Underwear	10 pair	
T-Shirts	8	No inappropriate slogans or pictures
Shorts	8	Quick-drying shorts are best (like soccer/running shorts)
Pants	2	Quick drying pants and khakis are best (no blue jeans)
Pajamas	2	Summer time weight-not too heavy or "hot"
Swimsuits	2	Females must be one piece or tankini- NO bikinis please
Light jacket or sweatshirt	1	Night time temps in the 60s
Rain jacket or poncho	1	The rain poncho is cheapest, best, and strongly recommended.
Thermals (AKA-Long underwear or base layer)	1 set (top & bottom)	Light weight (AKA silk weight to keep warm at night, prevent sunburn, and keep bugs off at night. No cotton please-synthetic material please.
Laundry bag	1	Clearly labeled please
Twin sheet set	1 set	Please send an extra set if nighttime enuresis is an issue.
Pillow	1	
Towels & washcloths	2 sets	No beach towels please. They will not dry between uses. Clearly labeled
Toiletries & shower bag/case		Toothpaste, toothbrush, deodorant (non-aerosol), comb/brush, shampoo, conditioner, soap, shaving cream & razor, face wash, etc...
<b>Required items</b>		
School sized backpack	1	For day trips. (Talisman provides backpacking/camping packs)
Flashlight & Batteries	2	Head lamps are best, caving requires 2 sources of light
Water bottles	2	Large size-32 ounce (We suggest Nalgene brand).
Rubbermaid box/tub or duffel bag		Can purchase at Wal-mart or similar. <b>Only clothing and hygiene products need to fit into this.</b> (Under bed storage space is 12" high and up to 40" wide).
<b>Optional items</b>		
Hat or cheap sunglasses	1	For sunny and hot days. (All forms of glasses should have a strap/cord/croakie, or lanyard to prevent loss of glasses during water activities.)
Writing materials		Letter writing materials include stamped and addressed return envelopes please.
Books		Age and camp appropriate please
Family & pet pictures		
Games		Card and travel games are easy to carry in their day packs.
<b>Warm hat</b>	1	For caving & sleeping in cave (55 degrees)
<b>One piece coveralls</b>	1	For caving: to protect clothing and skin. Cheap at flea markets.
<b>Bandanas</b>	2	For use in caving & climbing.
<b>Knee pads &amp; Canvas gloves</b>	1	For caving: to protect knees and hands while caving.
<b>Climbing Shoes</b>	1	Outdoor stores can help choose. For a variety of surfaces (rock & wall).No need to go expensive just basic.
Permethrin clothing or the clothing spray		Talisman provides bug spray but some campers are sensitive to bug bites and may need more prevention.

**All clothing & belongings must be clearly labeled with first and last name with a laundry marker.** We can only send home lost items that are clearly labeled if found. All other unmarked items will go to Goodwill. **Please be aware that all items brought to camp may be lost or damaged.** We encourage you to fulfill as many of the above items with hand-me-downs, or purchasing very inexpensive or gently used items. **If your camper loses items at home then we promise they will lose items at camp as well!**

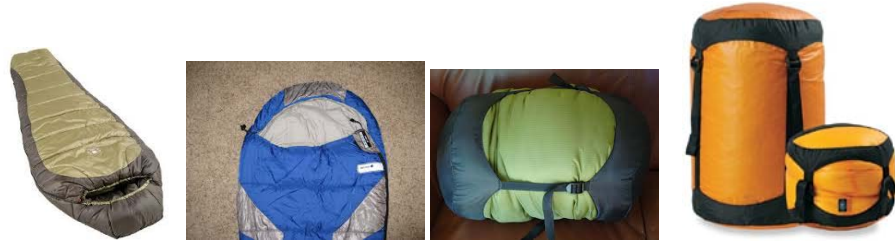
**ITEMS NOT ALLOWED AT TALISMAN: Electronic equipment, alcohol, drugs, pets/live animals, guns or weapons of any kind.**

Caves & Climbing pack list examples

Rubbermaid box/tub and/or duffel bag:



Sleeping bag and stuff sack:



Sport sandals with back strap:



Thermals (AKA long underwear/base layer):



Headlamps:



Water bottles:



Coveralls:



Knee pads & gloves:



Old Boots:

