



Paddlesports/SUP Packing List

- A backpack, sized to fit your child, that will hold their personal belongings
- Masks - We are requiring that all campers bring their own masks. We ask that you please bring at least 10 masks for your camper to encourage positive hygiene habits.
 - TYPE OF MASK:
 - Masks must be 2-ply
 - No buffs, gaiters or bandanas
 - Masks must cover the nose and mouth
 - Masks should be clean and fit snugly
- Please send children in water clothes (that will keep them warm when wet)
- Shoes they can get wet, and will stay on in the water- these shoes must protect their toes (no flip flops)
- Towel
- Extra change of clothes
- Warm layer
- Rain coat
- Lunch (no refrigeration necessary and creating the minimum amount of trash)
- Snack – Campers are asked to bring their own mid-morning snack
- 2 full water bottles
- Sunscreen with child's name clearly labeled
- A hat that provides full sun protection
- Sunglasses (optional)
- Camera (optional)- If your child has a camera, feel free to pack it & we'll do our best to take photos. However, we do not assume any responsibility for broken electronics!

Please label all personal belongings. Avid4 Adventure is not responsible for lost, stolen or damaged items.

