

SIGMA PI CHAPTERS OF CALIFORNIA
 RAFTING AND CAMPING WEEKEND
 ON SATURDAY 07/30/11
 PRESENTED BY THE
 SJSU SIGMA PI BETA ETA ALUMNI/ACTIVES

Following Raft Rental Information Taken From: <http://www.river-rat.com/welcome.htm>

Raft Rentals

Maximum Capacity	Recommended Crew	Rental Rate	Raft Rental Cost Per Person Based on Max. Capacity
4 person raft	3 or less people	\$55.00	\$13.75
6 person raft	5 or less people	\$80.00	\$13.33
10 person raft	8 or less people	\$150.00	\$15.00
12 person raft	10 or less people	\$165.00	\$13.75

**SIGMA PI CHAPTERS OF CALIFORNIA
 RAFTING AND CAMPING WEEKEND ITINERARY-ALWAYS SUBJECT TO CHANGE**

Day	Time	Locations	Duration
Saturday	10:00 A.M.	Have Equipment/On The River	3-4 Hours on River
Saturday	3:00 P.M.	Getting off the River/Return Equipment	Half Hour
Saturday	4:00 P.M.	Set-up Camp Site	An Hour
Saturday	5:00 P.M.	Meet and Greet	Remainder of Night
Sunday	7:00 A.M.	Breakfast Social	No Time Limit
Sunday	12:00 P.M.	Campsite Check Out	No Time Limit
Sunday	1:00 P.M.	Lunch/Depart for Home	No Time Limit

BACKGROUND

This event is open to all Sigma Pi Chapters of California and Sigma Pi Brothers. The information provided below is the known cost associated with raft rentals and campsite fees as of 06/24/11. Individual's cost will vary depending on what your travel and other expenses are.

YOUR COST

To rent a campsite-average site cost is \$30.00 and maximum occupancy is 8 people. The overall average cost per person for this rafting trip is going to be based upon the 10 Person Raft rental and dividing the campsite cost by 8-the maximum occupancy. The average cost would be \$18.75 per person.

In order for this event to be cost effective for everybody-this is a Bring Your Own Food and Beverage Event. Everybody would cover his or her own expenses to participate in this event.

MEETING LOCATIONS

For Local Chapters: Meet at Sigma Pi Beta Eta: On Saturday 07/30/11 by 6:30A.M. And Depart by 7:00A.M. 182 South 10th St. San Jose, CA 95112
 Other Attending Chapters and Brothers will meet at River Rats by 10:00A.M.

VENDOR LOCATIONS

Location of Rafting Equipment Vendor:
 River Rats
 4053 Pennsylvania Ave. Fair Oaks, CA 95628
 916-966-6777

Distance From River Rats to Beals Point Camp Ground is 9.3 miles/20 Minutes away.

Location of Camp Site

Beals Point Campground

Folsom Lake State Recreation Area

7755 Folsom-Auburn Road, Folsom, CA 95630

Camping Reservations

1-800-444-7275

River Rats Recommends

On a typical day, rafting the Lower American River, we are on the water for approximately 3-4 hours. It is best to start early; they are open at 9:00am weekends. They recommend that we arrive soon thereafter. Arriving early allows time for renting our equipment, organizing our belongings and getting our group together. In the end, starting early assures that we will have plenty of time to enjoy the day on the river and not miss the shuttle.

River Rats ask that you Please Note:

1. Customers must arrive and rent raft equipment before 11:30 am.
2. All time restrictions are subject to change due to weather and water conditions.
3. Shuttle times are subject to change.
4. Please call (916) 966-6777 for current information.
5. Participant must be age 5 years or older and know how to swim.
6. No pets allowed.

All Sigma Pi Chapters of California or Sigma Pi Brothers Please Respond As Soon As Possible.

This event is subject to cancellation if there is minimal interest received by July 18th, 2011.

I've provided Links to Websites and attached other information that you may find useful.

River Rats:

<http://www.river-rat.com/welcome.htm>

Folsom Lake SRA

State Recreation Area

http://www.parks.ca.gov/default.asp?page_id=500

Please respond with your intent of participation or if you have any questions please don't hesitate to contact me.

Fraternally,

Josh Cantu, Chapter Director

Sigma Pi Fraternity, Beta Eta

San Jose State University ('99)

joshcantu.sr@gmail.com

408-230-8843



Folsom Lake State Recreation Area

7806 Folsom-Auburn Road • Folsom, CA. 95630 • 916-988-0205

RATTLESNAKES are common to the area and are important members of the natural community. They will not attack, but if disturbed or cornered, will defend themselves. Give them distance and respect.

BOATERS should be alert for floating debris, particularly in spring, and underwater hazards created as the lake draws down in the summer.

QUIET HOURS are from 10 p.m. to 6 a.m. Generators may be operated from 10 a.m. to 8 p.m. Radios and other sound-producing devices must not be audible beyond your immediate campsite regardless of the time, day or night.

CHECKOUT TIME is noon. If you wish to stay another night, please re-register by 10 a.m.

PETS are not permitted to run loose in a state park; they must be under immediate control of a person and on a leash no more than six feet long. They are allowed only in the campground, picnic area and parking area. At night they must be confined in a tent, camper or enclosed vehicle.

FIREWOOD: Please do not collect dead or down wood, as it is an essential part of the park's natural recycling systems. Also, no ground fires are allowed.

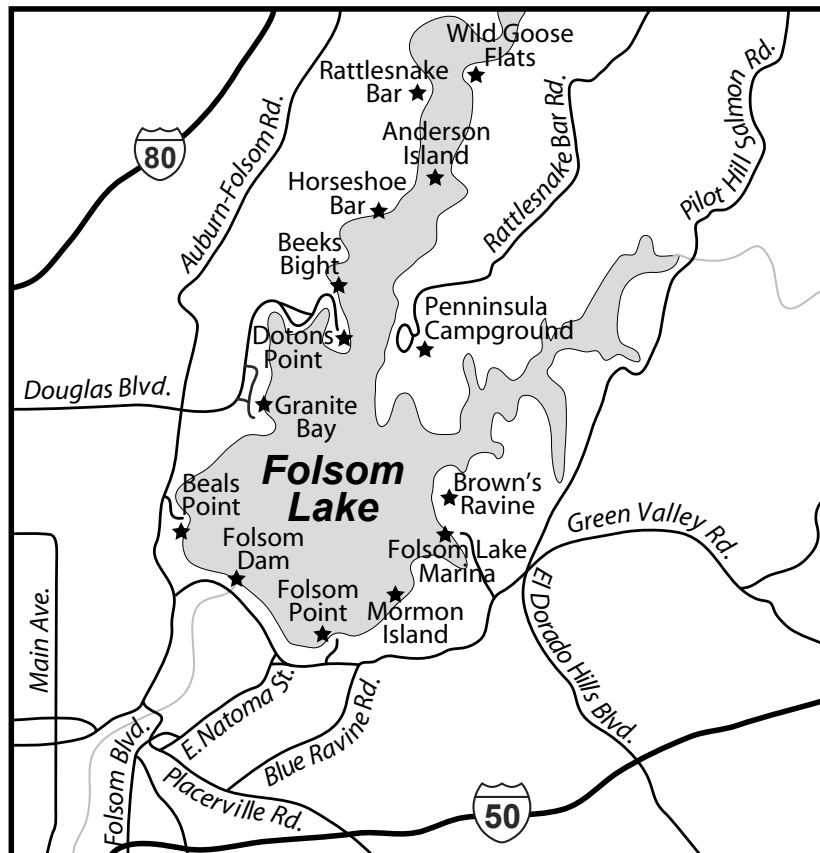
BOAT CAMPING is prohibited on shore. Boating

after the official closing hour is prohibited. All boats must be moored out of the main traffic channels and within 200 feet of shore. On board camping is allowed only in the North and South Fork area. Call the district office for registration, vessel specifications, mooring locations and rules and regulations at 916-988-0205.

CAMPGROUND FACILITIES are for registered occupants only. Flush toilets and piped drinking water are available in the campground area.

FISHING is perhaps the most popular activity at Folsom Lake. The fish varieties include trout, catfish, large and smallmouth bass, perch and kokanee. Bottom fishermen have even caught sturgeon. Fishing regulations change annually, check with the California Sport Fishing Regulations for current changes in catch limits and licensing requirements.

CAMPING RESERVATIONS are advised during peak seasons, weekends, and holidays to ensure your stay. You may make camping reservations up to seven months and no less than 48 hours in advance by contacting ReserveAmerica at 800-444-7275, TDD 800-274-7275. Reservations may be charged to your VISA®, Discover® or MasterCard®. To make online reservations, visit our website at www.parks.ca.gov.



Discover the many states of California.™

© 2009 California State Parks

PLEASE REMEMBER:

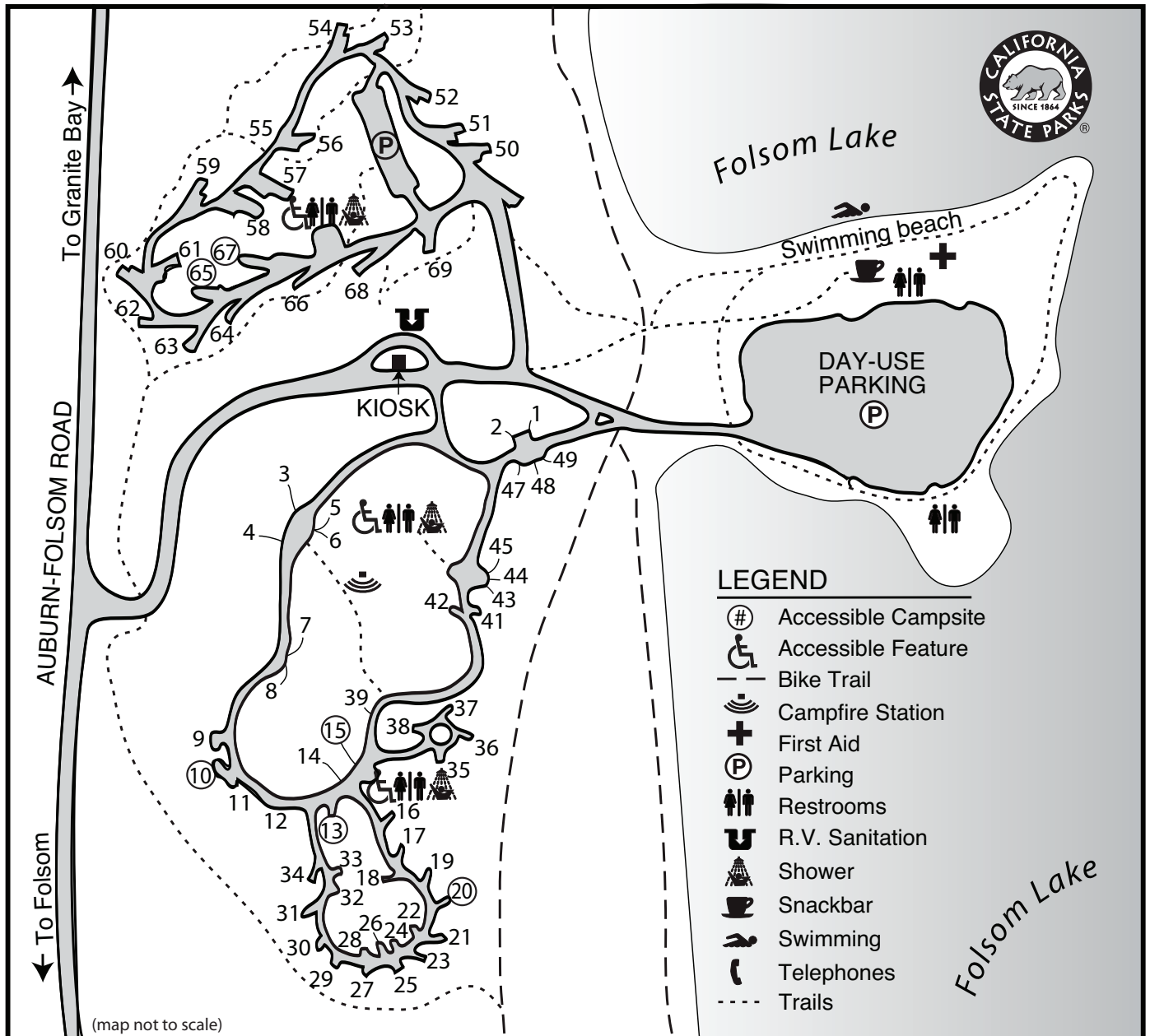
- Poison oak is nearly everywhere in the park. "Leaves of three, let them be!" Check with staff for further information.
- Effective March 1, 2003, the consumption of any alcoholic beverage in all dayuse areas and all shorelines of Folsom Lake and Lake Natoma is prohibited.
- Always wear a life jacket or other floatation device when working around water or participating in water activities.

- Swim at designated Swim beaches only, and if available, swim where a lifeguard is on duty.
- Do not swim in unfamiliar areas which may harbor dangerous currents, deep holes, debris, and other hazards.
- Diving or jumping are extremely hazardous in unfamiliar water and against the law in a state park (California Code of Regulations, Title 14, 4656).
- Always respect the rights of others to enjoy the water.

Folsom Lake State Recreation Area
Beals Point Campground

All emergencies dial **9-1-1**

Your Site # _____



Folsom Lake

State Recreation Area



Our Mission

The mission of the California Department of Parks and Recreation is to provide for the health, inspiration and education of the people of California by helping to preserve the state's extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high-quality outdoor recreation.



California State Parks supports equal access. Prior to arrival, visitors with disabilities who need assistance should contact the park at (916) 988-0205. This publication is available in alternate formats by contacting:

CALIFORNIA STATE PARKS

P. O. Box 942896

Sacramento, CA 94296-0001

For information call: (800) 777-0369

(916) 653-6995, outside the U.S.

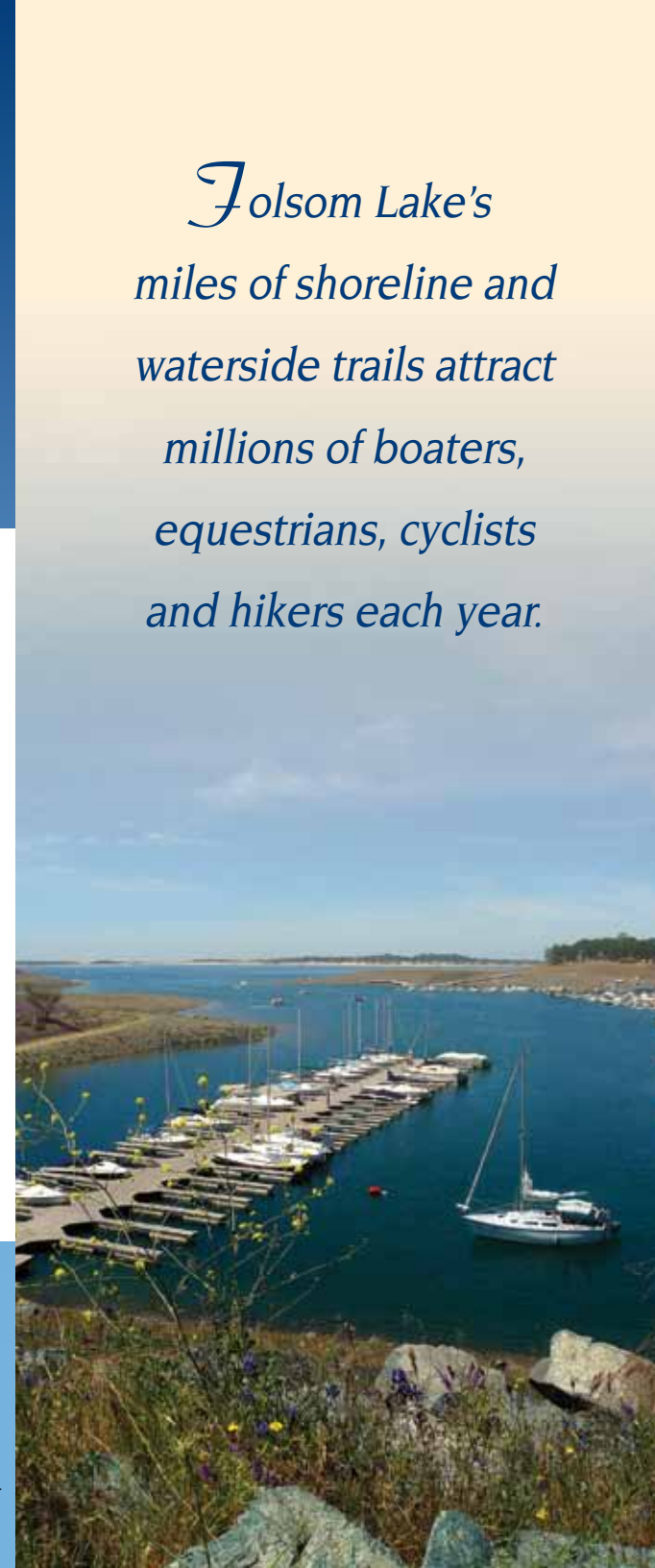
711, TTY relay service

www.parks.ca.gov

Discover the many states of California.™

**Folsom Lake
State Recreation Area
7755 Folsom-Auburn Road
Folsom, CA 95630
(916) 988-0205**

*Folsom Lake's
miles of shoreline and
waterside trails attract
millions of boaters,
equestrians, cyclists
and hikers each year.*



Folsom Lake

State Recreation

Area offers scenic panoramas of open grasslands, rolling hills, the Sierra Nevada, Sacramento Valley and the Bay Area's Mount Diablo. Folsom Lake State Recreation



Panoramic views

Area covers 19,500 acres. Its two reservoirs, Folsom and Natoma, attract about two million visitors annually.

The climate dictates dressing in layers. For hot summers, dress lightly, wear a hat, and use sun block. In winter, fog brings a chill. Spring and fall offer warm days with cooler evenings and nights.

PARK HISTORY

Native People

For thousands of years, the land near Folsom Lake belonged to the Southern Maidu or Nisenan ("from among us"). The Nisenan lived in temporary summer shelters made from tree bark slabs. In winter they lived in permanent villages on the American River. These villages had community buildings, including a *kum* ceremonial and guest structure.

The Nisenan traded with other native groups, exchanging local acorns for black oak acorns, manzanita berries and sugar pine nuts. Coastal people traded with the Nisenan for oyster shells, shell beads and basket materials. The Nisenan are still

known worldwide for their woven baskets made from willow, redbud, tule, milkweed, sedge grass and grape vines.

After the 1848 gold discovery, most of the Nisenan lands were given away as part of a land grant. The native people were overwhelmed by the loss of their food sources and by diseases like smallpox. The Nisenan people were nearly decimated, but today their descendants live in nearby communities or reservations.

FOLSOM DAM

Folsom Lake was created in 1955 by the construction of Folsom Dam, a concrete dam flanked by earth wing dams and dikes, with a total length of about nine miles. The shoreline extends about 15 miles up the forks of the American River. Lake level normally varies from 460 feet in early spring to less than 400 feet by summer. Downstream, behind Nimbus Dam, smaller Lake Natoma has about 500 surface acres of water. Built by the Bureau of Reclamation as part of California's Central Valley Project, Nimbus and Folsom Dams control the waters of the American River and provide flood protection, household water supply, power and irrigation.

THE FOLSOM POWERHOUSE

Nearby Folsom Powerhouse was built to harness the water power of the American River at the original Folsom Dam, completed by Folsom Prison laborers in 1893. The Powerhouse landmark, listed on the National Register of Historic Places, is a state historic park.

PLANTS AND WILDLIFE

Blue oaks, interior live oaks, foothill pines and annual grasses dot the open woodlands. In the spring, blooming wildflowers include Indian paintbrush, larkspur, lupine, brodiaea, fiddleneck, dutchman's pipe and monkey flower.

Black-tailed deer, raccoons, skunks, opossums, gray foxes and coyotes are often seen in the park. Mountain lions and bobcats may occasionally be seen. Beavers and river otters live in the Mormon Island Wetlands, a perfect area for bird watching.

Nesting egrets, herons and cormorants may be observed from the Willow Creek access. Year-round residents include Canada geese, blackbirds, scrub jays, quail, wrens, bushtits and towhees. Wrentits and California thrashers sing in the chamise-chaparral. Look for kingfishers and grebes near the water. Red-tailed hawks, kestrels, ospreys and eagles might be seen soaring over the lake.



Folsom Lake and Dam

RECREATION

Fishing—Folsom Lake waters hold trout, catfish, largemouth and smallmouth bass, perch and kokanee salmon. A valid California fishing license is required. An accessible pier and fishing platform are available along Lake Natoma.

Boating—Launching facilities are located at several places around the lake (see map for details). The marina at Brown's Ravine also features boat slips, a towing service, gas dock and snack bar.

CAUTION: Boaters should be alert for floating debris. Watch carefully for underwater hazards, especially as the lake level lowers in summer.

Camping

Peninsula Campground—A hundred family campsites—some accessible—accommodate trailers up to 18 feet and motor homes up to 24 feet. A sanitation station is provided. No site hookups are available. Accessible flush toilets, hot showers and piped drinking water are available. Two launch ramps and a day-use area are near this secluded campground near the end of the Peninsula between the north and south forks of the American River. Reach the area by boat or drive ten miles south from the town of Pilot Hill on Highway 49.

Photo courtesy of Sacramento State Aquatic Center



Windsurfing on Folsom Lake

Beals Point

Campground—Just north of Folsom Dam, 49 family campsites accommodate trailers and motor homes up to 31 feet. Hookup sites and a sanitation station are available. Piped drinking water and wheelchair-accessible restrooms with hot showers are available.



Horseback riding trails at Folsom Lake

Negro Bar Group Campsites—On the north shore of Lake Natoma, three group campsites are available. Two can accommodate up to 50 people each and one can accommodate up to 25 people. **Reservations**—Reserve campsites at all campgrounds by contacting (800) 444-7275 or www.parks.ca.gov.

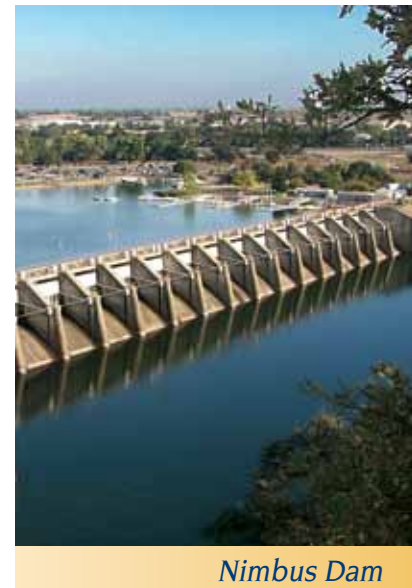
Boat Camping—You may camp overnight aboard your self-contained sailboat or powerboat only in designated mooring

areas. You may obtain a map of the mooring areas when you register for boat camping at the Granite Bay entrance station or the marina at Brown's Ravine. If no one is available at the time of your visit, contact park headquarters. Your boat must have self-contained sanitary and gray-water systems with sleeping accommodations for all aboard. You may camp ashore only at the Peninsula Campground in a designated campsite. Beach the bow of your boat and anchor off the stern. A secure tie-up is essential, as the wind may rise during the night. Boat camping is limited to two consecutive nights.

Picnicking—Family picnic sites are located at Nimbus Flat and Negro Bar on Lake Natoma, and at Beals Point, Granite Bay, the Peninsula area, and Folsom Point on Folsom Lake. Beals Point, Nimbus Flat and Peninsula have accessible picnic tables, restrooms and parking. All sites have

barbecue stoves; bring your own charcoal. The group picnic area at Granite Bay will accommodate up to 200 people. Reserve by calling park headquarters.

Horseback Riding—The equestrian staging area at Granite Bay



Nimbus Dam

has hitching rails, a water trough and chemical toilets. Horse trailers can unload and park. Staging areas are also located at Negro Bar, Rattlesnake Bar, Brown's Ravine,



Lake Natoma accessible picnic area

Falcon Crest and Sterling Pointe.

Trails—The park has 95 miles of trails for hikers, bicyclists, runners and horseback riders. The trail system includes a portion of the Western States/Pioneer Express Trail between Sacramento and Carson City, Nevada. Oaks Nature Trail is accessible. A paved, mostly accessible bicycle trail loops around Lake Natoma, linking to Beals Point and the American River Hike & Bike Trail.

Darrington Trail is a popular mountain bike trail on the south fork arm of Folsom Lake, near the Salmon Falls area.

Beach/Shore Access—Check out a beach wheelchair for two hours at Beals Point and Granite Bay day-use areas.

ACCESSIBLE FEATURES

Accessibility in California State Parks is continually improving. Call the park at

(916) 988-0205 for more details, or check online at www.access.parks.ca.gov.

EXHIBITS/PROGRAMS

The American River Water Education Center interprets water conservation and the American River Watershed. For general or tour information, call (916) 989-7275 or see www.usbr.gov/mp/arwec.



Canoeing at Lake Natoma

Photo courtesy of Sacramento State Aquatic Center

AQUATIC CENTER

The Sacramento State Aquatic Center offers boat rentals and boating safety classes. The facility is cooperatively operated by California State Parks, Associated Students of California State University Sacramento, and the California Department of Boating and Waterways. For more information see www.sacstateaquaticcenter.com or call (916) 278-2842 for information.

PLEASE REMEMBER

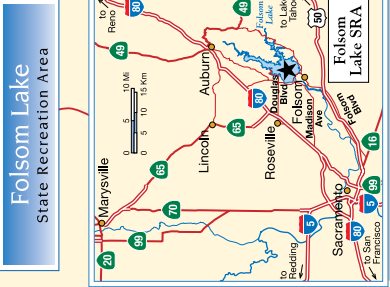
- Grass, brush and trees become tinder-dry. Wildfires are a serious threat. Fires are allowed only in the camp stoves or fire rings provided.
- Poison oak is present in many parts of the park. Contact (even when dormant) can cause a serious rash.
- Occasional rattlesnakes, mountain lions or bobcats may be present in the park. Do not walk alone in isolated areas. Report sightings to park staff.
- Floating debris, an uneven lake bottom, and rock outcroppings are hazards for boaters and swimmers. Please swim only in designated areas. No diving is permitted.
- Archaeological, cultural and natural features are protected by law and may not be disturbed or removed.

NEARBY STATE PARKS

- Folsom Powerhouse SHP, 1 Riley Street Folsom CA (916) 985-4843
- Auburn SRA, El Dorado Street at Old Foresthill Road, Auburn CA 95602 (530) 885-4527



Poison Oak



Folsom Lake State Recreation Area

SOUTHSIDE TRAIL MILEAGE

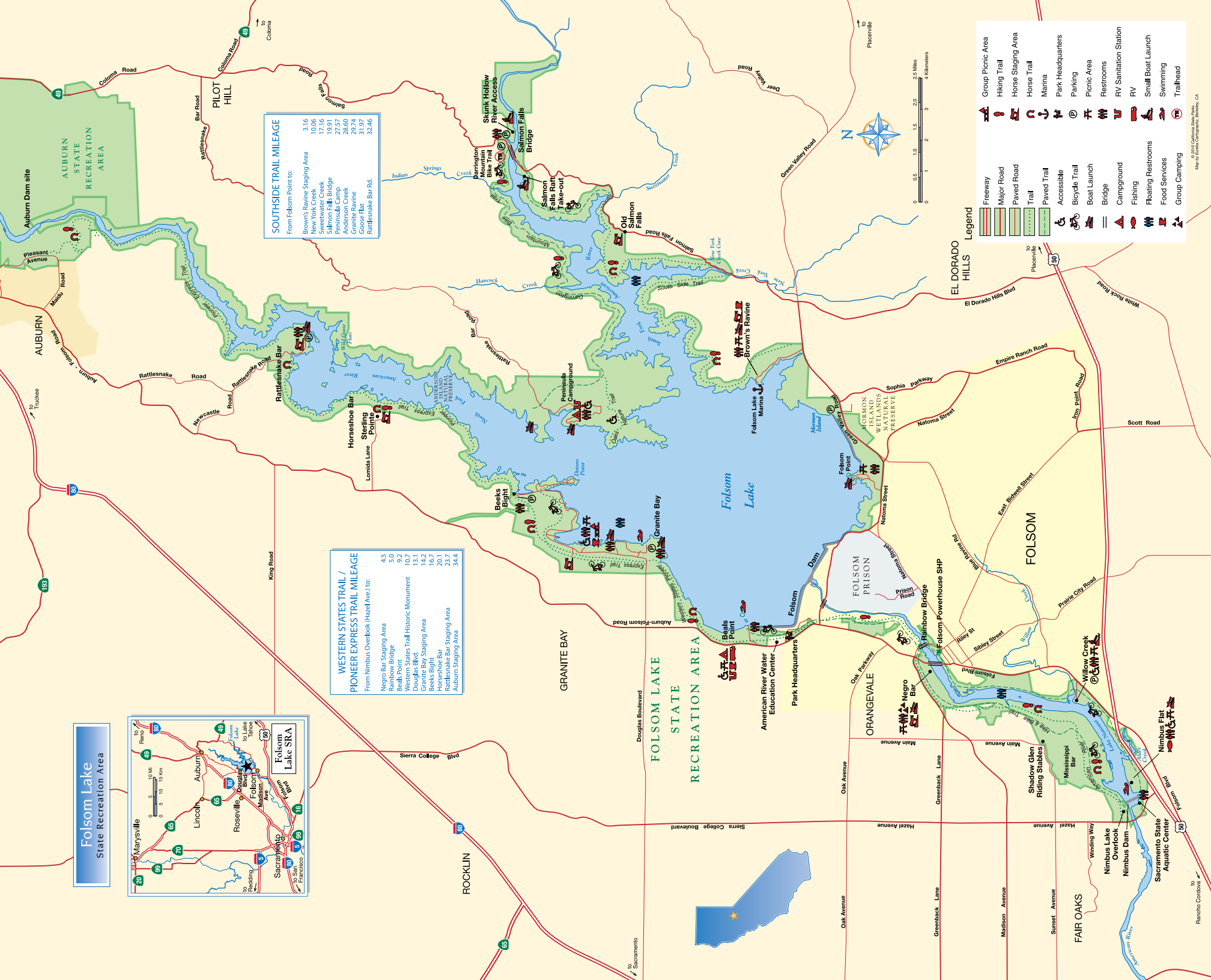
From Folsom Point to:

Brown's Ravine Staging Area	3.16
New York Creek	10.06
Sweetwater Creek	17.16
Salmon Falls bridge	19.91
Peninsula Camp	22.57
Anderson Creek	25.27
Granite Ravine	29.74
Goose Flat	31.97
Rattlesnake Bar Rd.	32.46

WESTERN STATES TRAIL / PIONEER EXPRESS TRAIL MILEAGE

From Nimbus Overlook (Hazel Ave.) to:

Negro Bar Staging Area	4.5
Rainbow Bridge	5.0
Beak Point	9.2
Western States Trail Historic Monument	10.7
Douglas Blvd.	13.1
Beak's Bluff Staging Area	14.2
Horseshoe Bar	16.1
Rattlesnake Bar Staging Area	20.1
Auburn Staging Area	23.7
Auburn Staging Area	34.4



Legend

	Freeway		Group Picnic Area
	Major Road		Hiking Trail
	Paved Road		Horse Staging Area
	Trail		Horse Trail
	Paved Trail		Marina
	Accessible		Park Headquarters
	Bicycle		Picnic Area
	Boat Launch		Restrooms
	Bridge		RV Sanitation Station
	Campground		RV
	Fishing		Small Boat Launch
	Floating Restrooms		Swimming
	Food Services		Trailhead
	Group Camping		

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Family/Base Camping Checklist (Page 1 of 2)

Note: This list is intentionally extensive. Not every family will bring every item on every trip.

In and around camp

- | | |
|---|--|
| <input type="checkbox"/> Tent (with stakes and guylines) | <input type="checkbox"/> Folding chairs |
| <input type="checkbox"/> Tent footprint | <input type="checkbox"/> Folding table |
| <input type="checkbox"/> Tent-pole repair sleeve | <input type="checkbox"/> Cots |
| <input type="checkbox"/> Sun shade, tarp or screen house | <input type="checkbox"/> Other furniture _____ |
| <input type="checkbox"/> Sleeping bags (with optional liners) | <input type="checkbox"/> Headlamps (with extra batteries) |
| <input type="checkbox"/> Sleeping pads/air mattresses | <input type="checkbox"/> Flashlights (with extra batteries, bulbs) |
| <input type="checkbox"/> Pad/mattress repair kit | <input type="checkbox"/> Lanterns (with mantles, if needed) |
| <input type="checkbox"/> Pump for air mattresses | <input type="checkbox"/> Lantern fuel or batteries |
| <input type="checkbox"/> Pillows | <input type="checkbox"/> Water filter or treatment tablets |
| <input type="checkbox"/> Multi-tool or knife | <input type="checkbox"/> Bikes |
| <input type="checkbox"/> Daypacks (see our Day Hiking checklist) | <input type="checkbox"/> Bike trailers |
| <input type="checkbox"/> Trekking poles | <input type="checkbox"/> Inflatable boat with paddles |
| <input type="checkbox"/> Child carrier | <input type="checkbox"/> Fishing gear (and license) |
| <input type="checkbox"/> Rolling jogger | <input type="checkbox"/> Canoeing/kayaking gear |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Clothing and footwear (If chilly nights are possible, come prepared)

- | | |
|---|--|
| <input type="checkbox"/> Moisture-wicking T-shirts | <input type="checkbox"/> Long underwear |
| <input type="checkbox"/> Moisture-wicking underwear | <input type="checkbox"/> Sleepwear |
| <input type="checkbox"/> Quick-drying pants/shorts | <input type="checkbox"/> Insulating jacket or vest |
| <input type="checkbox"/> Long-sleeve shirts (for sun, bugs) | <input type="checkbox"/> Insulated pants |
| <input type="checkbox"/> Sun-shielding hats | <input type="checkbox"/> Gloves or mittens |
| <input type="checkbox"/> Swimsuits | <input type="checkbox"/> Rainwear (jacket and pants) |
| <input type="checkbox"/> Bandanas or buffs | <input type="checkbox"/> Clothesline with clips |
| <input type="checkbox"/> Boots or shoes suited to terrain | <input type="checkbox"/> Water sandals |
| <input type="checkbox"/> Socks (synthetic or wool) | <input type="checkbox"/> In-camp sandals or booties |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Kitchen (Select according to personal tastes and needs)

- | | |
|---|---|
| <input type="checkbox"/> Stove | <input type="checkbox"/> Coolers |
| <input type="checkbox"/> Windscreen | <input type="checkbox"/> Ice |
| <input type="checkbox"/> Fuel | <input type="checkbox"/> Water bottles |
| <input type="checkbox"/> Fuel bottle(s) with fuel funnel | <input type="checkbox"/> Plates, bowls, mixing bowls |
| <input type="checkbox"/> Matches/lighter | <input type="checkbox"/> Mugs/cups |
| <input type="checkbox"/> Charcoal (with fire starter) | <input type="checkbox"/> Measuring cups |
| <input type="checkbox"/> Firewood (plus saw or ax) | <input type="checkbox"/> Measuring spoons |
| <input type="checkbox"/> Grill rack | <input type="checkbox"/> Utensils |
| <input type="checkbox"/> Frying pan | <input type="checkbox"/> Paring knife |
| <input type="checkbox"/> Cook pots | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Pot grabber | <input type="checkbox"/> Whisk |
| <input type="checkbox"/> Dutch oven | <input type="checkbox"/> Kitchen organizer |
| <input type="checkbox"/> Portable coffee/espresso maker | <input type="checkbox"/> Cutting board or cutting surface |
| <input type="checkbox"/> Hot-cold vacuum bottle | <input type="checkbox"/> Funnel |
| <input type="checkbox"/> Hand-crank blender | <input type="checkbox"/> Foil |
| <input type="checkbox"/> Bottle opener/corkscrew | <input type="checkbox"/> Egg holder(s) |
| <input type="checkbox"/> Tablecloth and clips (or tape) | <input type="checkbox"/> Biodegradable soap |
| <input type="checkbox"/> Recipes | <input type="checkbox"/> Pot scrubber/sponge(s) |
| <input type="checkbox"/> Marshmallow/wiener roasting sticks | <input type="checkbox"/> Collapsible water container(s) |
| <input type="checkbox"/> Food-storage containers | <input type="checkbox"/> Portable or standing camp sink |
| <input type="checkbox"/> Resealable storage bags | <input type="checkbox"/> Drying rack |
| <input type="checkbox"/> Trash bags | <input type="checkbox"/> Quick-dry towels |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |



Family/Base Camping Checklist (Page 2 of 2)

Note: This list is intentionally extensive. Not every family will bring every item on every trip.

Food (for more options, see our [Outdoor Kitchen](#) checklist)

- | | |
|---|--|
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Cereal/granola/oatmeal | <input type="checkbox"/> Milk (powdered or fresh) |
| <input type="checkbox"/> Eggs (freeze-dried or fresh) | <input type="checkbox"/> Cocoa |
| <input type="checkbox"/> Breakfast bars | <input type="checkbox"/> Drink mixes |
| <input type="checkbox"/> Batter mix | <input type="checkbox"/> Bottled/canned beverages |
| <input type="checkbox"/> Syrup | <input type="checkbox"/> Energy food (bars, gels, trail mix) |
| <input type="checkbox"/> Butter/margarine | <input type="checkbox"/> Fruit (dried and fresh) |
| <input type="checkbox"/> Jelly/jam | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Bread/bagels | <input type="checkbox"/> Cheese |
| <input type="checkbox"/> Meat (fresh and jerky) | <input type="checkbox"/> Crackers/chips |
| <input type="checkbox"/> Soup mixes/bouillon cubes | <input type="checkbox"/> Chocolate/sweets |
| <input type="checkbox"/> Prepared or freeze-dried meals | <input type="checkbox"/> Marshmallows |
| <input type="checkbox"/> Cooking oil/spray | <input type="checkbox"/> Spice kit |
| <input type="checkbox"/> Salt/pepper | <input type="checkbox"/> Herbs |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Personal items (Tip: To more easily locate gear, keep similar items in a single duffel)

- | | |
|--|---|
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> First-aid kit (see our First-aid checklist) |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Prescription medications |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Toothbrush, toiletry kit |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Cosmetics |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Brush/comb |
| <input type="checkbox"/> Alcohol or antiseptic wipes | <input type="checkbox"/> Eyeshades; earplugs |
| <input type="checkbox"/> Spare eyeglasses/contact lenses | <input type="checkbox"/> Biodegradable soap |
| <input type="checkbox"/> Mirror | <input type="checkbox"/> Shower water bag |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Other items

- | | |
|---|--|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Paperbacks/DVDs |
| <input type="checkbox"/> Camcorder | <input type="checkbox"/> Notebook and pen/pencil |
| <input type="checkbox"/> Memory cards/film | <input type="checkbox"/> Sketchpad with art supplies |
| <input type="checkbox"/> Binoculars | <input type="checkbox"/> Radio or music player with headphones |
| <input type="checkbox"/> Campsite reservation confirmation | <input type="checkbox"/> Two-way radios |
| <input type="checkbox"/> Maps | <input type="checkbox"/> GPS receiver |
| <input type="checkbox"/> Guidebook | <input type="checkbox"/> Cell phone |
| <input type="checkbox"/> Interpretive field guides (flowers, insects) | <input type="checkbox"/> Travel alarm clock |
| <input type="checkbox"/> Star chart/night-sky identifier | <input type="checkbox"/> Umbrella |
| <input type="checkbox"/> Pet tent | <input type="checkbox"/> Pet food (with favorite bowl) |
| <input type="checkbox"/> Pet bed | <input type="checkbox"/> Pet leash and toys (such as Chuckit!) |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Fun stuff (Search "toys" at REI.com for more ideas)

- | | |
|--|---|
| <input type="checkbox"/> Playing cards | <input type="checkbox"/> Flying discs |
| <input type="checkbox"/> Rolling ice cream maker | <input type="checkbox"/> Puzzles (crosswords, etc.) |
| <input type="checkbox"/> Kick-around foot bag | <input type="checkbox"/> Board games |
| <input type="checkbox"/> Kites | <input type="checkbox"/> Water toys |
| <input type="checkbox"/> Geocaching materials (with GPS receivers) | <input type="checkbox"/> Electronic toys |
| <input type="checkbox"/> Paddle ball set | <input type="checkbox"/> Boomerang |
| <input type="checkbox"/> Glow sticks | <input type="checkbox"/> _____ for kids |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |