



MJCCA  
**adamah**  
ADVENTURES

# Packing List: Discovery Trip

- We provide all group gear (such as stoves, tents, cooking/eating supplies, etc) and all food. The lists below include the personal items you will need for the Discovery Camping Trip.
- We recommend putting your name on all items and checking that you have everything on Saturday night before you leave. Adamah Adventures is not responsible for any items that are damaged or lost.
- It's a good idea to check the weather for any unusual weather that might affect your packing choices.
- Adamah Adventures can provide sleeping bags and sleeping pads upon request. If you are interested, please contact us to check availability.
- Please do NOT bring cell phones, internet-capable devices, portable DVD players, laptop computers, computer games, candy, food, drink, weapons of any sort, firecrackers, jewelry, cigarettes, drugs, alcohol, vehicles, or pets.

| Equipment                            | Qty     | Equipment Description   |
|--------------------------------------|---------|---|
| Clothing/Footwear                    |         |   |
| T-shirt                              | 1       |   |
| Long-sleeved t-shirt                 | 1       | Great for adding as an extra layer if it's chilly at night  |
| Sweatshirt / Sweater                 | 1       | Hoodies, fleeces, and/or wool sweaters work great for cool nights   |
| Heavy fleece or jacket               | 1       | We might not need it, but better to have it just in case it's cold at night or in the morning                                   |
| Shorts                               | 1       |   |
| Comfortable Long Pants               | 1       | Cargo pants, zip-off pants, jeans, sweats are all ok.   |
| Socks                                | 2 pairs |   |
| Underwear / Bras                     | 1       | Comfortable underwear, you will be participating in a variety of activities   |
| Pajamas / Nightwear                  | 1 set   | Appropriate and warm  |
| Sneakers / hiking shoes              | 1 pair  | Comfortable, well broken-in tennis shoes or hiking boots  |
| Sandals / water shoes / old sneakers | 1 pair  | Something to wear while canoeing. A heel strap is a must, <b>no</b> flip flops or Crocs! Chacos, Tevas, & Keens are great.      |
| Rain Jacket or Poncho                | 1       | Either coated nylon or waterproof/breathable fabric with a hood   |
| Insulating Hat & gloves              | 1       | It will be chilly in the morning!   |
| Sun Hat/Baseball Hat                 | 1       |   |
| Other Equipment                      |         |   |
| Pillow                               | 1       | Don't forget your pillowcase!   |
| Sleeping Bag & Stuff Sack            | 1       | Rated to between 30 - 50° F (let us know if you'd like to borrow one from us)   |
| Sleeping Pad                         | 1       | Sleeping pads provide padding and insulation from ground = warmth and comfort (let us know if you'd like to borrow one from us) |
| Water Bottle                         | 1       | Should be big enough to hold at least 1 liter of water.   |
| Headlamp/Flashlight                  | 1       | Make sure it has fresh batteries!   |
| Toiletries                           | 1       | Toothbrush, toothpaste, etc.  |
| Optional Items                       |         |   |
| Sunglasses                           | 1       | Bring inexpensive shades with a strap   |
| Games and books                      | Varied  |   |
| Camera                               | 1       | Don't bring anything that might get ruined...   |
| Small camp chair                     | 1       | Crazy Creek chairs/stadium chairs are a great example   |



MJCCA  
**adamah**  
ADVENTURES

## Pickup Location: Discovery Trip

Drop off on Friday afternoon is between 3:30 and 4:00pm at the MJCCA in the main lobby.

On Saturday evening, pickup will be at 9:30pm at Perimeter Mall.

We will be in the southeastern corner of the parking lot, off of Hammond Drive, near the Macy's Furniture Gallery.

Perimeter Mall is just north of I-285, at exit 29, Ashford-Dunwoody Road. If you have any trouble finding us, call

