

HF ADVENTURE CONNECTIONS

PACKING LIST

Accessories

- Backpack/Bag
- Glasses/Sunglasses
- Sunglasses
- Sun Hat

Clothing (Dress for Warm Beach Weather and Cold Nights)

- Clothing and underwear for 3 days.
- Comfortable closed toe shoes for Hikes
- Sandals
- Board Shorts/Swimming wear

Equipment and Gear

- Alarm clock
- Camera
- Sleeping bag/pillow in a waterproof sack
- Sleeping pads to place underneath sleeping bags
- Tent/Stakes
- Surfboard/Wetsuit (*ONLY if you want to learn to surf. We will provide a surfboard/wetsuit if you don't have one.*)

Health and Toiletry Items

- **DEODORANT!**
- Insect repellent
- First Aid Kit
- Lip balm (choose one with SPF 15)
- Personal-hygiene items: Shampoo/Soap/etc.
- Sunscreen (at least one all-purpose sunscreen with SPF 15)
- Medication and supplies to last for three days

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