

WHAT TO BRING FOR ADULT ADVENTURE CAMPS:

- Change of clothing for seven days
- All medications
- Medical/insurance card
- Clothing for indoors and out, preferably in layers. The average temperature is in the 80s during the day and 60s at night. It may be cool/windy on field trips to the Oregon coast and Mt. Hood.
- Bathrobe, sweats, or similar cover up
- Bathing suit and large beach towel,
- Personal toiletries, sunscreen and hat
- Comfortable shoes for walking/hiking. Adventure campers need water type shoes
- Shower shoes or flip flops
- Watch and alarm clock
- Musical instruments, games or hobbies you would like to share
- Money for the Oral Hull store and one meal out for you and your volunteer guide at the beach
- Wind breaker for skydivers
- A positive attitude

WE PROVIDE:

- All bedding
- Bath towel, hand towel and wash cloth
- Small bar of soap
- All meals Except for one meal at the beach and a McDonald's breakfast
- A water bottle
- A safe and friendly environment where you will have fun
- Round-trip transportation to Portland during designated times

