



CAPE ENRAGE ADVENTURES PACKING LIST

PERSONAL PACKING LIST

Pack efficiently. If it won't fit in a regular backpack, you're packing too much. A pillow is not provided at the Cape, but a mattress is. Reading materials, walkmans, radios or gameboys are not permitted. They distract from the objectives of team action and group dynamic. Upon arrival, you will be issued a Rubbermaid Tub to serve as a container that will slide under your bunk to hold all your packed items; this avoids the sharp edges and damage to walls from frame packs. You are allowed to bring money to buy items in our gift shop such as caps, sweatshirts, t shirts or a gift for the folks back home, but please arrange a safe plan for its security. Our staff may ask how much money you are bringing and your plan for security

FOR YOUR HEAD

- One warm hat
- Rain hat

FOR YOUR UPPER BODY

- Two heavy shirts
- One sweater, maybe hooded
- One heavy jacket/coat
- Rainwear

FOR YOUR LOWER BODY

- One pair of gym pants
- Two pairs of heavy activity pants
- One pair of old pants for caving
- Belt
- Rainwear

FOR YOUR FEET

- Hiking shoes or other rugged shoes
- Sneakers that are for wet environments
- Four pairs of sport socks
- Four pairs of heavy socks



TOILET KIT

- Facecloth and soap
- Towel and shampoo
- Toothbrush and toothpaste
- Comb or brush
- Personal products
- Handkerchiefs
- Contact cleaner

WEATHER PROTECTION

- Sunscreen
- Bug repellent
- Gloves

OTHER GEAR

- Camera and film
- Notepad and pen
- Sleeping bag ...and pillow?
- Flashlight
- Garbage bags to store soiled clothing

As you can tell, we prepare ourselves for cold weather and for wet weather. Activities go on regardless, as long as safety is not compromised. A familiar saying is "It will rain; it always has." At Cape Enrage, we also expect the wind to blow and, oh yes, don't forget the fog. With these expectations, when the warm weather does happen, it feels sooooo good! We certainly don't want to scare you away, but it is important that you prepare for the worst conditions so you can enjoy yourself. Average temperatures run in the mid 20's by day and mid teens by night.

Showering is permitted, but timing and duration are controlled. You are expected to keep the living areas tidy and clean at all times.