

## **PACKING LIST – PLEASE LABEL ALL BELONGINGS**

### **CLOTHING (Dress in layers)**

- Shirts and T-shirts (no halter, spaghetti strap tank tops, or tube tops at camp)
- Sweatshirt, windbreaker or warm sweater (it can cool down overnight)
- Shorts
- Long pants or jeans
- Underwear
- Pajamas
- Swimsuit and towel
- Raincoat or poncho
- Socks that cover the ankle (a pair for each day, plus 3)

### **FOOTWEAR (shoes & socks must be worn at all times)**

- 2 pairs of sturdy sneakers or athletic shoes (no sandals, clogs, open-toed shoes or open-heeled shoes)
- Water shoes for creek, lake and/or rafting
- Shower shoes (typically flip flops)
- Waterproof shoes or boots for rainy days
- Broken in hiking boots and socks for hiking programs

### **TOILETRIES**

- Sunscreen (non-aerosol)
- Hat for sun protection
- Shampoo and conditioner
- Soap
- Toothbrush & toothpaste
- Comb or brush
- Sanitary supplies
- Deodorant (non-aerosol)
- Shower tote or bag
- Hand lotion
- Lip protection
- Hair ties
- Insect repellent (non-aerosol)

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### SUPPLIES

- Sleeping bag
- Extra blanket (for cooler nights) or sheet (for hotter nights)
- Twin Fitted sheets to place over mattress
- Washcloths and towels
- Pillow
- Laundry bag for dirty clothes to be taken home mesh or cotton work best
- Mess Kit (plastic or metal plate or bowl, plastic or metal cup, and silverware) for cookouts
- Flashlight and extra batteries
- Reusable water bottles (at least 1 liter)
- Backpack or tote bag to pack daily items in

### OPTIONAL

- Camera
- Sunglasses
- Bandana
- Cards, books, or quiet games
- Stationery, pen, pre-addressed envelopes, and stamps
- Small duffle bag for multi-night tripping programs

### PLEASE LEAVE THESE ITEMS AT HOME:

- Cell phones- they are prohibited at camp for the safety of all campers and staff.
- Snack foods and drinks except for special dietary needs, i.e. gluten or dairy free products. – must be turned in upon check in at camp.
- Scented items (chap stick, soap, shampoo, lotions, etc...) they attract animals. Look for unscented products.
- Alcoholic beverages
- Non-prescription drugs
- weapons
- Expensive electronic devices (mp3 players, tablets, etc)
- Hair Dryers/curling irons/straighteners
- Expensive clocks, watches or jewelry
- Personal sports equipment
- Pets – pets are not permitted outside of the car