

DANCE CAMP NORTHWEST 2016 PACK LIST – SURVIVAL GUIDE

It is good to be prepared for a variety of activities, as well as variable weather throughout the week. In addition to dancing several times a day (and possibly wanting to change your clothes), you may want to take a walk in the woods or along the beach, or the weather may change, or you may work a shift in the kitchen -- you may want to roll down a hill, or dress up for an evening dance -- and it's great to feel ready for anything!

If you are **camping**, you must bring your own gear. This includes your tent, a tarp if you need one, a mattress or sleeping pad, pillow, and sleeping bag or bedding. You might also want to bring a bicycle!

If you are in the **dorms**, you will need to bring sheets and blankets, and anything you need to be cozy. You might want to bring your own pillows. Also, bring thumbtacks and an extra sheet, tapestries or fabrics to provide privacy in your sleeping area.

Seriously consider bringing **non-marking indoor-only dance shoes**, since dancing all week can be hard on our feet, even when we're used to it!

The following lists are a suggestion only -- take care of your needs!

BRING:

- community spirit and gratitude
- dance shoes (indoor-only, non-marking)
- knee pads
- dance gear & dance clothes (extra shirts to sweat through)
- layers of clothing for warm days and sometimes chilly nights
- rain gear (it sucks to be unprepared for this!)
- bath towel
- deodorant & personal toiletries (unscented please, for those of us who are scents-itive)
- healthcare supplies and medicine
- a labeled water bottle
- headlamp or flashlight, and batteries
- sunscreen, lip balm and foot moisturizer
- earplugs and an eye-mask (especially if you are a light sleeper)!
- **closed-toed shoes**, since you'll likely be working in the kitchen
- your special items for the community altar -- flowers are especially welcome (include a vase)
- forgiveness, positive attitude and respect for other campers

- the intention to get adequate rest and self-care to stay healthy & happy for all of Camp!
- anything else that will aid your well-being, good health, and comfort at camp

CONSIDER BRINGING:

- a bicycle
- a watch or other timepiece to keep you on time for classes and community service
- Food or snacks you may want -- & **cooler**, if needed
- decorations: scarves, prayer flags, string lights for the dorm
- fun, funky, festive attire for special occasions like the Sultry Café
- drums, musical instruments, juggling toys,
- hula-hoops, frisbees, **kites**
- art supplies, and journals
- extra towels, sun protective gear, sunglasses, beach shoes, and bathing suit if wanted (the water is cold)
- chair or pillow to sit on
- poetry, Tarot cards, songbooks
- merchandise or services to sell or barter
- massage oil
- bug spray
- ibuprofen or arnica
- firewood (in fire pits only)

MAYBE DON'T BRING:

- camera
- substances or alcohol if they may cause you or anyone to violate the Camp Behavior policy

DON'T BRING:

- pets
- perfumes and other scented products
- weapons
- entitlement

EXTRAS:

- Things to give away and share to keep the mood sweet and collaborative!
- Games and toys to share with the Young People's Program

- Anything you would need for a class, if you want to share anything during Community Offerings!