

CAMP PACKING LIST

A soft sided duffle is preferable. Ladies, pack your own bag so that you know where everything is! **Mark ALL of your items with your name/initials – a sharpie on the tag works great. DO NOT BRING:** candy, gum, other foods (these will attract animals), radios, other music players, electronic toys, hair dryers, curling irons, etc. There is no cell phone coverage in camp – so don't bring those either!

Packing Tip #1 Separate your gear into jumbo zip lock bags (2.5 gallon) for rain protection and ease of use.

- Prescription Meds** (keep in original container to give to camp Doc for administration) leave all vitamins and non-essential medicine at home.
- Sleeping Bag** (you'll want a warm one – leave the “slumber bags” at home)
- Pillow**
- Sleeping pad** (not a requirement—just nice to have—should be compact, lightweight, roll w/sleeping bag)
- 10 Underwear**
- 2 Pajamas** (warm but not footed)
- 4-5 T-shirts or blouses**
- 2-3 Long pants**
- 4 Shorts or capris**
- Sweatshirt and/or warm jacket**
- Rain poncho** (bring 'em and we won't need 'em!)
- 2 Swim suits**
- Water shoes**
- Flip-flops** (for shower)
- 2 Pair shoes** (no sandals, backless shoes, open toe, or shoes with straps!)
- 10 Socks/peds**
- Plastic bag** (for dirty clothes)

- Backpack** (large enough to hold a towel, shampoo, conditioner, shower gel, deodorant, hair brush, flashlight, water bottle, sunscreen, lip balm, bug repellent, whistle, underwear. **Pre-Pack** it with these items for showering after the swim test on arrival day!) – **NO LITTLE NYLON DRAWSTRING BAG**

- Flashlight** (extra batteries and extra bulb)
- Whistle**
- Sunscreen & lip balm**
- Bug repellent** (20-50% Deet – non-aerosol)
- Water bottle** (leak proof)
- Mess kit** (mesh bag with unbreakable plate, bowl, cup, and utensils. **NO STYROFOAM**)
- Mug/Thermal Cup** (for coffee, tea, hot beverage)

Packing Tip #2 Avoid highly perfumed, insect/animal attracting, formulas when choosing personal products!

- Brush, comb, hair ties**
- Shower gel** (easier to transport to the shower than soap)
- Deodorant**
- Shampoo, conditioner, body lotion**
- Face cleanser**
- Sanitary products** (bring a personal supply even if you are not anticipating needing them! – Murphy's law)
- Tooth brush, tooth paste**
- 2 Large towels**
- Stationary, stamps, pen**

Other nice things to have: glow sticks for girls a little fearful of the dark, disposable camera, hat or visor, sun glasses, old sheet to cover camp mattress, book