

## TRADITIONAL OVERNIGHT PACKING LIST & GUIDLINES

### WHAT TO PACK:

Remember OLD CLOTHES are best

- Shorts - comfortable for hiking
- Underwear
- Closed-toe shoes
- Socks
- Shirts (long and Short sleeved) 1 for each day of stay
- Long pants
- Warm sweater, jacket or coat
- Swim suit. One-piece bathing suits are required for girls. If not available, please send non-white shirt to wear over top.
- Washcloth and towels (1 swim and 1 bath).
- Warm sleeping bag & pillow
- Old, warm, blanket (for sleeping and for sitting around the campfire at night)
- Soap, comb, brush, shampoo, toothbrush (in a container), toothpaste & other personal hygiene items
- Chapped lip protection
- Rain jacket
- Refillable water bottle or canteen
- Mosquito repellent and sunscreen
- Flashlight & extra batteries (be sure to label all equipment with child's name!)
- Bag for dirty clothes (a pillow case will do just fine)
- Theme Day items: Make sure to check which session your attending
- A favorite stuffed animal (for our stuffed animal contest)

**OPTIONAL:** Camera, day/backpack, autograph book, songbook, story book, compass, hiking boots, hat, sunglasses, alarm clock, slippers, sandals, sweatshirt and sweatpants.

**CAMPER MAY NOT BRING THE FOLLOWING:** Food or snacks, cell/smart phones, radios, MP3 players, iPods, electronic games, expensive watches, jewelry, gum, candy, money, pocket knives or sharp objects, or other valuables. Such items will be confiscated and then returned at the end of camp.

**MEDICATION:** Make sure your child brings their prescribed medications and that they have enough to last their time at camp. Any child that does not bring their medication or enough supplies will be sent home, no exceptions.

**MAKE SURE ALL CLOTHES AND BELONGINGS ARE LABELED**  
Outdoor Journeys will NOT be responsible for any lost or broken items.

**This institution is an equal opportunity provider**  
In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

## **ADVENTURE CAMP PACKING LIST & INFORMATION (Explorer 1, Explorer 2, Survivor 1, Survivor 2)**

### **WHAT TO PACK:**

**Remember OLD CLOTHES are best**

### **ESSENTIAL ITEMS**

- **WARM SLEEPING BAG AND PILLOW**
- **TARP (No bigger than 10 x 10 feet)**
- **CLOSED TOE COMFORTABLE HIKING SHOES (Tennis shoes or sneakers will work also)**
- **SHORTS COMFORTABLE FOR HIKING (Two pairs)**
- **1 WARM SWEATER, JACKET OR COAT**
- **KNIT CAP (for evenings)**
- **UNDERWEAR**
- **SOCKS**
- **SHIRTS (long and Short sleeved) 1 for each day of stay**
- **1 PAIR LONG PANTS**
- **BASEBALL CAP OR SUN HAT**
- **2 X REFILLABLE WATER BOTTLE OR CANTEENS (At least 24 ounces each)**
- **RAIN JACKET**
- **SWIM SUIT. ONE PIECE BATHING SUITS ARE REQUIRED FOR GIRLS. IF NOT AVAILABALE, PLEAES SEND NON-WHITE SHIRT TO WEAR OVER TOP.**
- **WASH CLOTH AND SWIM TOWEL .**
- **DAY PACK (For Day Hikes, school backpack works well, but remember it will get dirty)**
- **SOAP, COMB, BRUSH, SHAMPOO, TOOTHBRUSH, TOOTHPASTE & OTHER HYGIENE ITEMS**
- **CHAPPED LIP PROTECTION**
- **MOSQUITO REPELENT & SUNSCREEN**
- **FLASHLIGHT & EXTRA BATTERIES (be sure to label all equipment with child's name!)**
- **BAG FOR DIRTY CLOTHES (a pillow case will do just fine)**
- **A FAVORITE STUFFED ANIMALS (for our stuffed animal contest)**

**OPTIONAL:** Camera, compass, sunglasses,

**CAMPER MAY NOT BRING THE FOLLOWING:** Food or snacks, cell phones, radios, ipods, MP3 players, iPods, electronic games, expensive watches, jewelry, gum, candy, money, pocket knives or sharp objects, or other valuables. Such items will be confiscated and then returned at the end of camp.

**MAKE SURE ALL CLOTHES AND BELONGINGS ARE LABELED**  
**OUTDOOR JOURNEYS will NOT be responsible for any lost or broken items.**

**This institution is an equal opportunity provider**