

Eagle Island Camp Packing List

Here's what to bring to make the most of your time on the island!



Clothing

- Casual daytime clothes (one set for each day + 2 extras)
- Long pants (at least 2 – mornings can be chilly!)
- Underwear, bras & socks for each day + extras
- Bathing suits (at least 2)
- Warm layers (jacket, sweater, or sweatshirts – at least 2)
- Rain gear (jacket or poncho - we have extras too!)
- Pajamas (1 warm, 1 lightweight)
- Sturdy camp footwear (sneakers or secure sandals like Chacos® or Keens®)
- At least one pair of closed-toe shoes
- Shower shoes (flip flops, Crocs®, etc.)
- Sun hat or cap

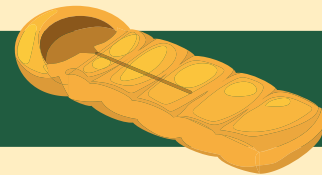


Toiletries

- Bath towel
- Mesh shower bag (drainable & easy to hang)
- Shower supplies (soap, shampoo, etc.)
- Toothbrush & toothpaste

Bedding

- Sleeping bag rated to 40°F or lower
Or: Bedroll with sheets & warm blankets (twin size)
- Pillow & pillowcase
- Twin sheet (to cover camp mattress)
- Extra blanket



Gear

- Beach towel
- Laundry bag
- Flashlight or headlamp + extra batteries
- (tip: load batteries in backwards during travel to prevent draining!)
- Small backpack or daypack
- 2 reusable water bottles
- Sunscreen & bug spray (no aerosols – sign waivers in CampDoc!)
- Mess kit (durable plate, bowl, fork, knife, spoon)



Optional Extras

- Stationery, pens, stamped/pre-addressed envelopes
- Books
- Quiet activities (journal, cards, etc.)
- Camp-friendly camera (eg. disposable / polaroid)

Please Leave These at Home

Phones, iPads, e-readers, smart watches, and all tech devices
We are completely unplugged and screen free - its time to connect with nature!

*If you need help securing any supplies please connect Katrina at
kdearden@eagleisland.org

