Belongings should be packed in a duffel bag or small suitcase. **Storage space in the bus is limited, so please keep luggage compact.** Please note the clothes the camper wears for departure are not to be extra clothes from what is listed. For example, wearing one sweater and then packing 2 sweaters is bringing 3 sweaters. **This is a suggested clothing list. Please do not feel obligated to buy items on this list, simply bring what you have!** There will be laundry service for campers, but it will be limited.

**LABEL EVERYTHING WITH PERMANENT MARKER**

In order to sort laundry and reduce lost items, please label every item brought to camp by your child. This included sleeping bags, towels, bed sheets, etc.

**CLOTHING:** Clothing should be durable for outdoor use: Do NOT bring your best clothes.

- □ 2 pairs long pants, preferably non-cotton
- □ 2-3 pairs shorts, preferably non-cotton
- □ 2 warm long-sleeved shirts
- □ 3-4 short-sleeved shirts
- □ 5 pairs underwear
- □ 6 pairs socks
- □ 1 pair pajamas or sweatpants
- □ 2 SWIMSUITs appropriate for backcountry and athletic use
- □ 2 sweaters or sweatshirts (fleece material preferred)
- □ 1 medium weight jacket
- □ 2 pairs shoes (or 1 pair sneakers and 1 pair boots*)
- □ Old sneakers (or water shoes) that can get wet while canoeing (we can provide)
- □ baseball-style or brimmed hat
- □ 1 raincoat & hat or a hooded poncho (we will provide a rain poncho if you don’t have one)
- □ 3-4 short-sleeved shirts

**TOILET ARTICLES:**

- □ 1 towel and washcloth
- □ toothbrush and toothpaste
- □ UNSCENTED soap/shampoo
- □ hairbrush or comb
- □ UNSCENTED deodorant
- □ menstrual products
- □ glasses/contacts and solution

**EQUIPMENT:** (blankets/pillows provided, but you can bring your own if you’d like)

- □ flashlight (pack batteries separately)
- □ 1 pillowcase
- □ 2 sheets and/or a sleeping bag
- □ day pack (optional)
- □ sunglasses (optional)
- □ reusable/washable face coverings (masks)

**PLEASE NOTE:** The safety and security of all the campers/staff is our greatest concern, these guidelines will help to keep everyone safe.

- ♦ Do not bring aerosol cans (for example, spray deodorant), matches or lighters.
- ♦ **It is illegal to bring alcohol, firecrackers, weapons (this includes all knives), illegal drugs (including marijuana) or tobacco products of any kind.**
- ♦ Campers must turn all medications in to Christodora staff before departure to the Christodora-Manice Education Center (MEC).
- ♦ **Please do not send your camper with a large amount of cash:** $5 to $10 is plenty, as there may be only a few opportunities to purchase things at rest stops during travel. We provide all meals for your camper. MEC does not have a store and will provide a packed lunch for the campers on the way back on the bus.
- ♦ Electronics including radios, tape/CD/MP3 players, electronic games, cell phones, etc. are allowed on the bus ride but are not permitted to be used at MEC. They will be secured at MEC and returned for the bus ride home.
**If you have any questions, please email admissions@christodora.org or call 212-371-5225**