



Adventure Camp Packing List

Clothing & Personal Belongings

Camp is all about fun, adventure, and sometimes getting a little *dirty*—so leave the new, fancy clothes at home! We recommend packing clothes that you don't mind getting a bit of mud, water, or campfire ash on. By the end of the week, even the best-laid outfits may have had their fair share of camp adventures.

Here's the deal:

- Leave the new or designer clothes at home—we don't want them to end up as camp souvenirs!
- Pack clothes that are comfortable, durable, and easy to wash. Don't worry, we'll handle the laundry and freshen up the linens each week. But, just so you know—while we'll do our best, not everything may come back perfectly spotless.
- **Label, label, label!** It's absolutely crucial to mark all your camper's clothes and personal items with their full name or initials. Trust us, camp can get *very* interesting when three campers show up with identical jackets, shoes, and flashlights! We can return lost items much easier if they're clearly labeled.

If your camper ends up missing anything by the end of the session, just contact the camp office about **lost and found**. We'll do our best to reunite your camper with their missing items!

PACKING LIST

Bag for Cabin:

One suitcase, duffel bag, or soft-sided footlocker, along with a sleeping bag, is all you'll need for a one or two-week session. Keep in mind that cabin space is limited, so pack efficiently!

Sleeping Bag & Pad:

- **Sleeping bag:** Choose a sleeping bag rated for 15-20 degrees, filled with synthetic fibers or down (cotton is not recommended).
- **Sleeping pad:** A sleeping pad adds great insulation and comfort from the cold ground when camping out.

Day Pack (small backpack size) should contain:

- 2 water bottles (with screw-top lids that don't leak – Nalgene is a top choice)
- Rain gear (poncho or rain jacket/pants combo)
- Medium-weight jacket (long-sleeve fleece works best)
- Wool or fleece hat
- Sunscreen
- Insect repellent (non-aerosol)
- Lip balm with SPF
- Baseball cap or bandana
- Sunglasses with UV protection
- Disposable camera
- Flashlight or headlamp with extra batteries

Required Clothing & Personal Items:

- Windbreaker jacket (if not bringing a rain jacket)
- Sweatshirt (hooded or crewneck)
- 5-10 T-shirts (athletic shirts for hiking/backpacking are recommended, no sleeveless or tank tops)
- Hiking pants (1 pair, comfortable and lightweight, polyester or non-cotton preferred)
- 5 pairs of shorts (appropriate for hiking, at least one pair should be long enough to wear with a climbing harness)
- 2-3 pairs of jeans or long pants
- 1 pair of sweatpants or windpants
- 1 set of pajamas or sleeping attire
- 8-10 pairs of socks (cotton)
- 4 pairs of hiking socks (wool or wool/poly blend)
- 12 pairs of underwear
- 1 bath towel, 1 washcloth, 1 beach towel
- Laundry bag (for dirty clothes)
- 2 pairs of comfortable hiking boots or sturdy tennis shoes (must be closed-toed)
- 1 pair of flip-flops for the shower (not for regular activities)
- 1 swimsuit (appropriate for co-ed water activities, one-piece only for girls)
- Pillow

Toiletry Kit:

- Toothbrush and toothpaste
- Deodorant
- Soap, shampoo, conditioner
- Comb or brush

Additional Suggested Items:

- Stationery with pre-addressed, stamped envelopes and a pen
- Sketch pad or journal and a few books for reading
- Address list of friends and relatives
- Favorite stuffed animal or photos from home
- Deck of cards
- Costumes, wigs, or funny clothes for special occasions
- Extra blanket for warmth
- Linens for a twin mattress (most campers will use their sleeping bags)

Pack up and get ready for an unforgettable camp adventure!