

WHAT TO BRING (4 weeks)

ADVENTURE CAMP

All clothing and personal items must be labeled with camper's name.

Please feel free to contact us at celoadventure@gmail.com if you need gear recommendations.

Bedding

- 2 or 3 warm blankets
- 2 sheet sets, cot or twin size
- 1 pillow
- 2 pillow cases

Clothing

*As we will be spending much of our time hiking in wet conditions, we **strongly recommend** packing at least 2 sets of synthetic or wool clothing for backpacking trips (NOT cotton). We recommend treating your hiking clothing with permethrin before coming to camp to help prevent tick and mosquito bites (lasts 6 weeks).*

- 2 short or long-sleeved hiking shirts (recommend light-weight, synthetic)
- 1 other synthetic mid-layer (for layering)
- 4 other shirts
- 4 long pants (including 2 pairs of synthetic, lightweight pants to hike in. These can be nylon, polyester, leggings, etc.)
- 3 shorts
- 8 underwear
- 4 pairs of hiking socks (we recommend wool or wool blend)
- 2-3 pairs of socks for in-camp shoes
- sleepwear
- 1 swimsuit
- 2 fleece jackets (no cotton)
- 1 rain poncho or rain jacket (needs to be durable)
- 1 pair of slip-on shoes/sandals for in-camp
- 1 pair of sneakers
- 1 warm knit hat for cool nights when hiking
- 1 pair of sweatpants, long underwear, or thermals (synthetic material, not cotton)
- 1 pair of hiking boots (broken in before camp)

Toiletries

- Toothbrush & toothpaste
- Comb or brush
- Shampoo & soap
- 1 towel
- Sunscreen (small enough for backpack)
- Insect repellent (small enough for backpack)
- Chapstick (SPF 15)

Other

- 50 L or larger external or internal frame backpacking pack (you can also rent from camp for \$10) **See our Backpacking Guide for fitting information**
- Lightweight sleeping bag with stuff sack (must be small enough to fit in bottom of backpack)
- 2 one-liter water bottles (or a combo of water bottles and a water bladder that add up to 2L)
- 4 stamped envelopes addressed to parents
- Headlamp and extra batteries
- Bowl and spoon for eating on hikes
- 10 garbage bags (30 gallon heavy duty are best)
- 6 gallon-sized ziplock bags
- 1 pack of moleskin (for blisters)
- 1 Roll of athletic tape
- Athletic Watch
- Books

Optional

- Musical instruments (for at camp use)
- Camera
- Bandana
- A waterproof pack cover (substitute for 3 of the garbage bags)
- Lightweight, packable sleeping pad
- Rainpants
- White or light colored clothing item to Tie-Dye

YOU CAN HELP US by not sending gum, food, candy, toy guns, violent comic books, make-up, pop culture magazines, and any electronic devices including cell phones. Omitting such things encourages appreciation of our simple wholesome food and culture at camp.

FOOTLOCKERS, trunks, or other storage containers should be less than 15 inches tall, so they will fit under the bed.

STATE HEALTH REGULATIONS prohibit the use of sleeping bags in place of sheets and bedding at camp.

Questions? Give us a call (828) 675-4323 or email campcelo@gmail.com

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www.campcelo.com