

PACKING LIST

3 week - Senior Camp

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

Bedding

- ☐ 3 warm blankets or 2 blankets and a sleeping bag that zips open all the way (nights can be cold)
- ☐ 4 flat sheets (cot or twin, we have a special sheet-changing system at camp)
- ☐ 1 pillow
- ☐ 3 pillowcases

Clothing

For the most protection against ticks and mosquitos, we recommend treating your hiking clothing with Permethrin before coming to camp (lasts 6 weeks).

- ☐ 5 t-shirts or tanks
- ☐ 4 long pants (including 2 pairs of comfortable lightweight pants to hike in, nylon or polyester - NOT jeans or cotton)
- ☐ 2 long-sleeved breathable shirts
- ☐ 4 shorts
- ☐ 1 white cotton shirt to tie-dye- MUST BE 100% COTTON
- ☐ 8 underpants
- ☐ 2 swim suits
- ☐ 2 pairs of pajamas
- ☐ 6 pairs of socks (including 4 pairs of hiking socks - thick socks made of wool NOT cotton)
- ☐ 2 fleece jackets (no cotton)
- ☐ 1 other sweater/sweatshirt
- ☐ raincoat or poncho (needs to be durable)
- ☐ 1 pair of sneakers
- ☐ 1 pair of river shoes
- ☐ 1 pair of river shoes
- ☐ 1 warm knit hat (for cold nights on hikes)
- ☐ 1 warm base layer for hikes
- ☐ 1 pair of hiking boots that fit (broken in before camp)

Toiletries

- ☐ toothbrush, toothpaste, floss
- ☐ comb/brush
- ☐ shampoo & soap
- ☐ 2 bath towels, 2 washcloths
- ☐ sunblock
- ☐ insect repellent

Other

- ☐ backpacking pack (we recommend renting from camp for \$10 - you can pay on drop off day)
- ☐ Lightweight sleeping bag with stuff sack (must be small enough to fit in bottom of backpack, a compression sack can be helpful)
- ☐ 6 gallon-sized ziplock bags
- ☐ 6 garbage bags (30 gallon heavy duty are best - for waterproofing inside packs)
- ☐ 5 stamped envelopes addressed to parents/guardians
- ☐ an address list and extra stamps and envelopes
- ☐ flashlight or headlamp & extra batteries
- ☐ eating utensils for hikes (spoon and bowl)
- ☐ 2 one-liter water bottles

Optional

- ☐ shower flip flops
- ☐ books
- ☐ musical instruments
- ☐ camera
- ☐ favorite cuddly animal
- ☐ rain pants
- ☐ fleece pants
- ☐ pocket knife
- ☐ nail clippers

YOU CAN HELP US by not bringing or sending gum, food, candy, toy weapons, makeup, silly putty/string, violent comic books, pop culture magazines, and any electronic devices including cell phones. Omitting such things encourages appreciation of our simple, wholesome food and culture at camp.

PACKAGES are fun to receive at camp for the camper who receives them. We suggest NO MORE than one care package per week. Items such as books, games, or stuffed animals are welcome. You may bring some letters/packages with you to drop off numbered with the order in which to give them to your camper to avoid initial USPS delays.

FOOTLOCKERS, trunks, or other storage containers should be less than 15 inches tall, so they will fit under the bed. Any large container less than 15" tall will work fine! Hard sided containers tend to work best. If you are flying, a hard sided suitcase that can easily slide under the bed will work.

STATE HEALTH REGULATIONS prohibit the use of sleeping bag in place of sheets and bedding at camp. A sleeping bag that can zip all the way open can replace one blanket but cannot replace all bedding.