



Suggested Packing List

BEDDING & LINENS

- Blanket
- Sheets (1 twin flat & 1 fitted)
- Pillow
- Pillowcase
- Swim Towel*
- Bath Towel
- Washcloths
- Laundry bag (or old pillowcase)

***one swim towel will be provided by camp**

CLOTHING

We often change clothes multiple times a day at camp to stay dry and clean. Camp is a great place to wear out old clothes. Please send an older set of clothes and shoes that are OK to get muddied while exploring a cave with an activity specialist, counselors, and cabin mates.

- Face masks (if wearing)
- Jacket or sweater (**please bring an old, used sweatshirt**)
- Long-sleeved shirts
- T-shirts
- Long pants (for horseback riding)
- Underwear (**at least 2 pairs per day**)
- Socks (**at least 2 pairs per day**)
- Bras
- Pajamas
- Belt
- Swimming suit (2 if possible)
- Poncho or raincoat
- Cap or hat
- Costume (space theme!) or dress up clothes for the dance on Saturday night

TOILETRIES

- Toothbrush & toothpaste
- Comb & brush
- Soap & plastic soap box
- Shampoo
- Deodorant
- Lotion
- Other necessary toiletries (chapstick, Kleenex, etc.)

***a shower caddy is recommended**

ABSOLUTELY NO STREET DRUGS, ALCOHOL, TOBACCO, OR WEAPONS

SHOES

- Tennis shoes (*with working shoelaces**)**
- Shower thongs
- Water shoes or sandals (for swimming, these MUST have an ankle strap)

YES:



YES:



NO:



***Rocky terrain is all around camp and therefore tennis shoes are the shoe of preference. Flip-flops are not always allowed to be worn, as they are not always safe, depending on the camp activity.**

MEDICAL ITEMS

- Medication (All medication must be in original containers labelled with camper's name and instructions; place medication in a gallon-sized Ziploc bag. Medication must be given to nurse upon arrival to camp)
- Jobst/pressure garments (may bring old Jobst to swim in as needed)
- Splints
- Epi-pens (if your camper uses one)

OPTIONAL ITEMS

- Camera
- Fishing pole
- Guitar or other musical instrument
- Stationary & stamps
- Books
- Swim goggles & ear plugs

MISCELLANEOUS

- Sunglasses
- Plastic Water bottle**
- Flashlight & batteries
- Glasses or contacts (plus spare if possible)

DO NOT BRING

Cell phones, digital media (Kindle, Nook, iPad and other tablets), radios, televisions, gaming devices, jewelry, money, fireworks, expensive cameras, hand axes, hunting knives, weapons of any kind (includes Nerf Guns), food or treats, expensive clothes, one-of-a-kind personal items.