



Clothing

- Hiking boots (worn in, with ankle support)
- Socks (2 pairs per day) and underwear
- Warm pajamas
- Shirts & long pants
- Warm jacket
- Fleece or hoodie (non-cotton)
- Rain gear (jacket, pants, boots)
- Baseball cap or sun hat
- Swimsuit
- Rain boots

Bedding and Linens

- Warm (-20 degrees) sleeping bag
- Small pillow
- Towels & washcloth
- Sturdy laundry bag with your name on it

Personal Items

- Bug Spray
- Water bottle
- Toothbrush and toothpaste
- Brush
- Sunscreen
- Sunglasses
- Water proof sacks
- Hiking pack, 30-40 liters
- 2 bandanas

Optional

- 1-2 pairs of shorts
- Camera
- Head lamp or flashlight
- White item for tie-dying
- Binoculars
- Book, magazine, reading material
- Pens, pencil, paper
- Shampoo, soap in a baggie, shower shoes
- Swimsuit, towel

Medication

Do not pack. Please put all of your medication containers in a ziploc bag, mark with camper name and bring to camp check-in.

All medications (including vitamins, cough drops, and others) **must be in their original container** with instructions for administration.

Do Not Bring

- Cell phones
- Electronic games or music players
- Money
- Food
- Pets
- Hair dryer or curling iron
- Matches or lighters
- Weapons
- Fireworks
- Cigarettes or e-cigarettes
- Alcohol or illegal drugs