

# What to Bring to Camp

Plan to bring enough items and clothing for a SIX-day stay at camp. Put camper's names on EVERYTHING!

**The eight essentials are:** flashlight, water bottle, unscented sunscreen, unscented insect repellent, unscented lip balm, rain poncho, jacket, warm sweatshirt and hat.

## Clothing

- \_\_\_\_\_ Warm pajamas or fleece clothing
- \_\_\_\_\_ Warm coat, sweatshirts & sweaters
- \_\_\_\_\_ Raincoat &/or windbreaker
- \_\_\_\_\_ Socks for each day & extra socks
- \_\_\_\_\_ Underwear for each day & extras too
- \_\_\_\_\_ Light colored long pants & shorts
- \_\_\_\_\_ Light colored long and short sleeved shirts
- \_\_\_\_\_ Bandana
- \_\_\_\_\_ Warm stocking hat & gloves
- \_\_\_\_\_ 2 pairs of sturdy shoes for walking and hiking  
**(closed toe and heel required)**
- \_\_\_\_\_ Hat with a brim for sun protection
- \_\_\_\_\_ Work Gloves
- \_\_\_\_\_ Towel & washcloth
- \_\_\_\_\_ Flip-flops for the shower
- \_\_\_\_\_ Unscented toiletry items
- \_\_\_\_\_ Insect repellent (DEET 30% non-aerosol)
- \_\_\_\_\_ Sunscreen lotion
- \_\_\_\_\_ Swimwear (optional)

## Equipment

- \_\_\_\_\_ Warm Sleeping bag & Pillow
- \_\_\_\_\_ Sunglasses/ Extra eyeglasses
- \_\_\_\_\_ Small flashlight or head lamp & extra batteries
- \_\_\_\_\_ Small first aid kit
- \_\_\_\_\_ Water bottle to carry in pack (non-leaking)
- \_\_\_\_\_ Daypack or small backpack
- \_\_\_\_\_ Alarm clock, battery powered
- \_\_\_\_\_ Plastic bag for laundry or wet clothes
- \_\_\_\_\_ Watch (optional)
- \_\_\_\_\_ Battery operated lantern (optional)
- \_\_\_\_\_ Unbreakable mug/cup & spoon (optional)
- \_\_\_\_\_ Camera and film (optional)
- \_\_\_\_\_ Binoculars (optional)
- \_\_\_\_\_ Compass (optional)
- \_\_\_\_\_ Fishing equipment and license (optional, there may be little or no time for fishing)
- \_\_\_\_\_ Hobbies, crafts, musical instruments, songbooks, or other outdoor activity gear (optional)
- \_\_\_\_\_ Field Guide (if you have any)

## Medical

### **!Required!**

- \_\_\_\_\_ Completed physical exam by physician and health history forms.
- \_\_\_\_\_ Prescription medicines **only** in original container. (the camp nurse will dispense as prescribed and no medication will be given without **Authorization for Medication** form signed).

### **Please leave at home:**

Clothing not suitable for camp such as hip huggers and camisole tops; radios, CD players, MP3's, iPod's, cell phones, or other electronic equipment; jewelry and valuables; make-up; gum; alcoholic beverages; tobacco products; illegal drugs; pets; and firearms.

### **Information to think about as you pack:**

- Temperatures can get down to freezing at night and early morning, and there are outdoor activities at night.
- Plan to dress in layers so that as the day gets warm you can shed layers.
- Old clothes are perfect for camp. There are no laundry facilities at camp.
- You will need to carry your own gear varying distances, so pack only as much as you want to carry.
- You are expected to hike up Smokey Bear Hill on Monday with your counselors. You need to be prepared to carry certain items on the hike, including; but not limited to, water, snacks, sunscreen, insect repellent, hat, jacket, small flashlight, whistle, and a first aid kit.