

Summer Camp Packing List

In a Separate bag for Check- In:

- Overnight Camp and 3+Day Travel Health History Form*
- All additional paperwork/ release forms*
- Medications in original packages
(all medications, even over-the-counter, must be checked in with the health supervisor)
- Money for Trading Post
- Camper Mail to drop off

In Day Pack:

- Water Bottle
- Swimsuit
- Towel for swimming
- Sunscreen
- Bug Spray
- Flashlight

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In your Duffle Bag/ Suitcase:

Having fun at camp sometimes means getting dirty. Do not send new clothing with your camper. Laundry is provided for emergencies only, so pack enough items to get your camper through the time she is at camp.

- Underwear and sleepwear
- Shorts, pants, and shirts
- NOTE: All zipline and high ropes course participants must bring long pants.
- Warm clothes for cool evenings
- Socks (and always pack extras!)
- 2 pair of sturdy, comfortable closed-toe shoes and/or boots
- Laundry/plastic bag for dirty clothes
- Raincoat and/or poncho
(activities continue in the rain)
- Sleeping bag and/or sheets, pillow
- Swimsuit
(1 piece or tankini recommended)
- 1-2 Towels and washcloths
(pack a towel for the shower and one for pool)
- Flip Flops/crocs/ sandals
(to be used at the shower house and pool)

Personal Hygiene Supplies:

- Toothbrush and paste
- Shampoo and soap
- Brush/comb
- Feminine care items (if necessary)

Optional Items:

- Camera (must be separate from a cell phone- digital and disposable cameras are allowed)
- Extra blanket
- Stuffed Animal
- Paper, pens, stamps, envelopes, addresses
- Reading material
- Goggles (must not cover nose)