



## Adventure Camp Packing List

Space will be at a minimum so pack accordingly, less weight is better. Any items from the "What not to bring" list will be confiscated immediately and returned to parents at the end of the week.

### Campers must bring:

- Clearly labeled medications if bringing prescriptions.  
**Unless absolutely necessary, please do not bring non-prescription items.**
- Compact Sleeping Bag (9" x 20" or smaller)
- Small pillow
- Flashlight or headlamp (check batteries)
- Insect repellent (non-aerosol)
- Sunscreen or protective lotion
- Small Bottle of Hand Sanitizer
- 2 plastic garbage bags (these serve many purposes)
- Personal items you know you will need
- Hat for protection from the sun
- Towel and washcloth
- A pair of "Teva" style strap-on water sandals, water shoes, or aqua sox to wear while canoeing & swimming
- A second pair of shoes to be kept dry
- Swimsuit
- 1 pair of long pants
- 2 pairs of shorts
- Underwear
- 2-4 pairs of socks
- 3 T-shirts
- Hooded sweatshirt or something comparable for warmth
- Rain gear, top and bottom (top is most important)
- Your own unbreakable plate and eating utensils

### Optional Items:

- Fishing pole & small tackle box
- Sunglasses
- Camera
- Chap Stick
- Small Bible

### What NOT to bring:

- CD or MP3 players, iPods
- Cell phones
- Electronic games
- Illegal drugs
- Alcohol
- Tobacco products
- Fireworks
- Knives, hatchets
- Firearms

### Provided items:

- Tents
- Sleeping pads
- Cooking equipment
- Food
- Camping gear
- Waterproof packing barrel
- First aid
- Certified lifeguards

### Each camper will receive:

- An Adventure Camp T-shirt
- An Adventure Camp Water Bottle

### Keep in mind:

Everything you need will be carried in a waterproof plastic barrel, with about as much space as a large backpack. In addition to your personal gear, you will be expected to carry some of your own food in a small stuff sack. Your sleeping bag should fit into a stuff sack approximately 9" x 20". You may bring your own sleeping bag or rent one for \$10.

### Shoes:

At no time will you be permitted to be barefooted. Sandals with Velcro straps or buckles should be worn during the canoeing portion of the trip.