



Onsite Overnight Packing List

Each camper needs to fit all their personal belongings into one bag and be able to carry that bag a short distance to the camping site.

Please come to camp wearing regular camp attire.

Also remember to bring your first day's snack, lunch, and dinner and your swimsuit and towel!

Clothing to pack:

- 1 pair of long socks (*wool or synthetic*)
- 1 pair of shorts
- 1 pair of long pants
- 1 light-weight, long-sleeved shirt
- 1 T-shirt
- 1 wool sweater or fleece pullover (*preferably not a sweatshirt*)
- 1 pair of underpants
- Rain gear (*poncho or coat*)
- Handkerchief or bandanna (*serves many purposes!*)
- 1 pair of long underwear (*top and bottom*)
- Clothes for sleeping

Food/Eating utensils to pack:

- Extra snack and **Dinner** (packed similarly to lunch)
- 1 One-liter bottle of water (*no glass!*)
- 1 Spoon and 1 Fork (*No knives!*)
- 1 mug for hot liquid

Personal items to pack:

- Sleeping bag (*able to fit into a pillow case when rolled up or compressed*)
- Sleeping pad (*foam insulate or similar type pad, can be found at dept. stores*)
- Toothbrush & Toothpaste
- Comb or hair brush
- Washcloth
- Flashlight with fresh batteries
- 1 Whistle
- 2 Large, heavy duty garbage bags (*for covering gear overnight*)
- Extra face mask for the next day***

Optional extras:

- Small, paperback book
- Small notepad and pencil or pen w/ a cap
- Standard deck of playing cards

Please do not bring:

- Electronics of any kind – this includes cell phones, ipods, or any other digital media device (*watches are OK*)
- Smellables i.e. cosmetics, lotions, shampoos, potions, etc.
Note that extra items = extra weight. DO NOT OVERPACK

Items supplied by camp:

- Tents
- First aid supplies
- Food and drink (*breakfast, next day's lunch*)
- Cooking Supplies: pots, pans, etc.
- Soap and water for washing
- Toilet paper

Please label everything! Put your name on anything that you can write on. This will greatly cut down on the confusion of campers' equipment and unnecessary loss of personal items.

To prevent against ticks and insect bites, camper's clothing may be sprayed with insect repellent. Parents, please notify us if you wish us not to spray your child.

An important note about how to pack for an overnight: When packing, first put various items into ***gallon-sized zip-loc bags***, sealed and labeled with camper's name. Then, line the inside of the backpack with a ***large, heavy-duty garbage bag***. Lastly, put the sealed items into the garbage bag lining the inside of the backpack. This will assure that these items remain dry, even in the event of rain while backpacking.