



## WHAT TO PACK

**PLEASE LABEL EVERYTHING WITH FULL NAME OR FIRST INITIAL AND LAST NAME. If an item isn't labeled and is left at camp, we can't guarantee its return home.**

Pack your camper's belongings in a duffel bag, suitcase, plastic bin or trunk with a height of 13" or less (to fit under a bunk bed). Please keep in mind that there is limited space in the cabins. Items are brought to camp at your own risk. We cannot be responsible for lost or damaged goods. Be sure to check Lost and Found before leaving camp on pick up day!

***The following list is for a 2-week stay. If your camper's stay is shorter or longer, please adjust accordingly.***

### BEDDING

- One pillow
- Two pillowcases
- One twin size fitted sheet
- One sleeping bag
- One blanket

### CLOTHING

- 6-8 pairs of socks - cotton or some other suitable material
- 1 heavy pair of socks - wool/nylon blend is best
- 6 pairs of underwear
- Sneakers - 2 pairs recommended, 1 pair is required
- 1 pair of lightweight footwear - outdoor sandals, crocs or flip flops
- 6 tee shirts
- 2 long-sleeved shirts
- 4-6 pairs of shorts - athletic style, loose-fitting
- 2 pairs of long pants - nylon, polypro (quick drying hiking pant style is recommended)
- 1-2 bathing suits
- 1 set of sleepwear
- 1 pair of long johns
- 1 heavier sweater or jacket - fleece, or other quick drying material is best (temperatures sometimes drop into the 40's at night in VT)
- 1 raincoat or poncho
- 1 brimmed hat - baseball cap or hat with a brim for sun protection
- 1 knit hat - wool blend or fleece for cooler temperatures, optional
- Jackknife - 3" blade or less only please - optional - We have knives campers may borrow during activities. We teach our staff and campers how to use knives properly and safely.

### CAMP EQUIPMENT

- 1 water bottle
- 1 bandana - optional, handy to have
- 1 flashlight with new and spare batteries (your camper may like a headlamp with a strap that allows them to be hands free)

**CHOOSE YOUR ADVENTURE**

## MISCELLANEOUS

Toiletries:

Toothbrush

Toothpaste

Biodegradable eco-friendly soap and shampoo - Ivory soap or other biodegradable soap such as Dr. Bronner all natural castile soap (available at Amazon, GNC, Kroger and Target), or Kirk's Castile soap (can be found at Walmart and Family Dollar). **Soap and shampoo should be in a plastic bottle or bar soap container.**

Menstrual supplies

Sunscreen SPF 15 or higher

1 laundry bag - mesh if possible

Insect repellent - no aerosols, please

2 towels - to include 1 beach towel

Sketch pad or spiral notebook with crayons, colored pencils, or other writing utensil (pen, pencil)

1 daypack

Games - Quick, easy small board games or card games (such as Uno) are welcome. Collectible card games that are valuable should be left at home.

Stationary - with SASE in a plastic sealable bag, optional

Chapstick - optional

1-2 books for reading - **optional** - we prefer that you leave magazines at home

## ITEMS THAT MUST BE LEFT AT HOME

Musical instruments (we have a small selection of musical instruments that can be used by campers)

Electronics of any kind

Food and drink - it attracts insects and animals to the cabins!

Valuable or irreplaceable items

Hatchets, firearms

Knives with blades longer than 3"

Candles

Breakable bottles or containers

Aerosol sprays

**If prohibited items show up at camp, they are removed from the camper and returned on the day the camper is going home.**

**CHOOSE YOUR ADVENTURE**