



Adventure Camp Packing List

Label ALL items with your name.

Required Paperwork & Medication

- Completed Health Form (signed by parent/guardian)
- Medications in original packaging with doctor's written instructions (in a labeled bag to be turned into camp staff)
- Completed Pick-Up Form

Packing Essentials

- Day pack (small/medium backpack or drawstring bag)
- Reusable water bottle
- Sleeping bag or blanket
- Pillow
- Plastic bag (for wet/dirty clothes)

Clothing

- Change of clothes for each day
- Layers (plan for warm days/cool nights)
- Jacket or sweatshirt
- Swimsuit
- Towel for bathing
- Towel for water activities
- Closed-toed shoes (for walking/hiking)
- Closed-toed water shoes (optional, for lake use)
- Hat or cap
- Sunglasses

Personal Hygiene

- Toiletries: toothbrush, toothpaste, soap, shampoo, brush/comb, deodorant, etc.
- Bug spray – non-aerosol (not provided by camp)
- Sunscreen – non-aerosol (not provided by camp)

Miscellaneous/Optional

- Flashlight
- Sharpie
- Deck of cards or group entertainment item
- Other items specific to your personal needs
- Camera (disposable/waterproof/inexpensive)
- Binoculars

Medications

- Must be in original containers, in a ziplock bag
- Turn into the camp medic for distribution

What NOT to Bring

- Candy, snacks, or food items
- Fancy or expensive clothing
- Electronic smart devices (phones/tablets, etc.)
 - *Must be checked into the camp office and returned at checkout*
- Aerosols
- Knives or weapons
- Lighters or matches
- Fireworks
- Laser pointers
- Hammocks
- Any items that could disrupt camp

Tips for Success

- All gear must be lightweight and compact – you'll carry it or repack into canoe bags for daytrips.
- Ziplock all liquids to avoid leaks.