



3717 Buchanan Street, Suite #300  
San Francisco, CA 94123  
415.351.2267 www.mountaincamp.com

# MOUNTAIN CAMP PACKING LIST

*The following list is recommended for a one-week session; adapt accordingly for a longer session  
Please note, Mountain Camp does not provide laundry service for campers staying 2 weeks or less*

## CLOTHING

- 7 pairs Underwear
- 1 set Pajamas
- 3 pairs Shorts
- 6 T-shirts
- 2 pairs Jeans or Sweatpants
- 2 Sweaters or Sweatshirts
- 1 Jacket (polar fleece is best weight)

## SWIMWEAR

- 1 Beach Towel
- 2 Swimsuit

## FOOTWEAR

- 6 pairs Socks
- 2 pairs Athletic Shoes
- 1 pair Flip Flops/Sandals or Water Shoes

## BATH

- 1 Bath Towel
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, sunblock, lotion, lip protection (with sunscreen), bug repellent & carrying case)

## BEDDING

- Sleeping Bag (machine washable & rated to at least 30°F)

## EQUIPMENT

- Stationary
- Hat
- Waterproof Jacket or Rain Poncho
- Flashlight or Headlamp (extra batteries)
- Beanie/Warm Hat

## OPTIONAL ITEMS

- Books/Reading Materials
- Booklight (for nighttime reading)
- Fitted Twin Sheet (to cover mattress)
- Disposable Camera
- Water Bottle (campers will be given a complimentary bottle as well)
- Journal
- Musical Instrument
- Swim Goggles
- UV Swimshirt/Rash Guard

## NEW FOR 2010

Campers may not bring electronic devices to camp. After many discussions with camp parents and careful consideration, we are no longer allowing electronic devices at Mountain Camp. This includes Music Players (iPods, MP3s, etc.), Hand Held Games (DS, PSP, etc.), Cell Phones, Electronic Readers (Kindles, iPads, etc.) and Radios. As electronic devices have grown increasingly more complex (with features like video, internet access, etc.), we believe they disrupt the cabin environment and have the potential to negatively impact the camp experience.

**Cameras are allowed. We recommend a disposable camera.**



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## PACKING TIPS

Packing for camp is the beginning of your camper's independent camp experience. Please make a sure your camper is an active participant in the packing process so that he/she knows where to find their clothing and other items.

### SHOES

- Our terrain at camp is rough and uneven, and appropriate footwear is a safety requirement. Please make sure your camper has at least one pair of closed-heel and closed-toe shoes that have adequate tread for walking on rocks, dirt, and other uneven surfaces. Running shoes, hiking shoes, or other athletic footwear work well at camp, as long as they fit the camper well and have adequate tread. Other types of shoes (flip flops, Crocs, Converse, etc.) can be worn in the cabin, at the waterfront and in less active activities, but closed-heel, closed-toe shoes must be worn while participating in Ropes, Mountain Biking, Sports & Games and other rigorous activities.

### LABELS

- We recommend you label all of your camper's clothing and equipment with their First and Last Name. Items that aren't labeled are unlikely to be returned to your camper if lost.

### CLIMATE

- Mountain Camp is located at 5300 feet elevation, and at night time, mountain temperatures can get very chilly. Be sure your camper's sleeping bag is rated to at least 30° (or lower), so that your camper will be warm at night. Sleeping bags used for indoor, overnight sleeping are not sufficiently insulated for camp use.

### WHAT NOT TO BRING

- Do not send any of these items, as they are not allowed: food, candy (including gum), water guns, silly string, water balloons, sling shots (or any other weapons), electronic games, personal music devices, cell phones, fireworks, knives, matches, lighters, tobacco, alcohol or illegal drugs. Any of these items brought to camp will be taken by a Director and might result in your camper being sent home from camp. For campers traveling by air, Cell Phones and Electronics may be brought for the flight and held in our Camp Office for the duration of your camper's stay.
- Do not send valuable items such as expensive cameras and jewelry. We recommend campers use a disposable camera marked with their name. These can be purchased in the camp store.
- Please do not send any personal athletic equipment (water skis, mountain bikes, etc.). We provide top quality equipment that is sized for our campers.