



# 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
- 6-8 T-shirts
- 2 pairs Jeans or Sweatpants
- 2 Sweaters or Sweatshirts
- 1 Jacket (polar fleece is best weight)

## SWIMWEAR

- 1 Beach Towel
- 2 Swimsuits

## FOOTWEAR

- 6-8 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)
- Pillow

## EQUIPMENT

- Stationery
- Hat (for sun protection)
- Waterproof Jacket or Rain Poncho
- Flashlight or Headlamp (extra batteries)
- Beanie/Warm Hat
- Backpack or Tote Bag

## 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

## ELECTRONICS POLICY

Campers may not bring electronic devices to camp. This includes Music Players (iPods, MP3s, etc.), Hand Held Games (DS, PSP, etc.), Cell Phones, Electronic Readers (Kindles, iPads, etc.) and Radios. While we do allow digital cameras, we require that the camera not have internet accessibility. 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.

## PLEASE NOTE:

We do not recommend bringing items of great monetary or sentimental value to camp. Mountain Camp is not responsible for missing or broken items.

Packing for camp is the beginning of your camper's independent camp experience. Please make sure your camper is an active participant in the packing process so that he/she knows where to find their clothing and other items. Suitcases, duffles, and both soft-sided and hard-sided trunks that are labeled with your camper's name are great for packing for camp. Please try to ensure that the luggage is less than 13 inches high so that the bags can fit under the bunks!

### 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 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 most main camp 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 5,500 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 pack 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 pack valuable items such as 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 pack any personal athletic equipment (water skis, mountain bikes, etc.). We provide top quality equipment that is sized for our campers.

### DRESS CODE

Attire must be appropriate for an outdoor, active camp program. Closed-toed shoes are required for Main Camp activities. Clothing must fit closely enough so that the camper is not endangered during activities. Appropriate tops and bottoms are to be worn at all times and must cover underwear. An example of inappropriate clothing would be wearing underwear as the outermost layer of clothing, or wearing a swimsuit as the outermost layer when not participating in lake activities. Clothing or accessories relating to alcohol, drugs, violence, death, sexual innuendo, political messaging or containing bad language, are unacceptable. Mountain Camp reserves the right to request campers to change clothing if deemed inappropriate. We discourage the wearing of any expensive or trendy brand name attire. Overall, camp is a place there we focus on who we are, not what we are wearing. Please keep this in mind as you pack for camp.

