



1 Week Overnight Camp Packing List

Please LABEL EVERYTHING that you send to camp this summer with your child. It is most helpful if you label each item with full initials or last name so we can identify items if found. If an item is not labeled and is left behind at camp, we cannot guarantee its return. Labels that cannot be washed or ripped off are the best for our rugged camp environment.

Bedding

- One pillow
- Two pillow cases
- A sleeping bag and one wool or microfleece blanket
- Sleeping bag liner

Clothing Items

- Two-Three pairs of regular socks - cotton or some other suitable material
- Two-Three pairs of wool socks - to be worn with the boots. These can be a wool/nylon blend but should be at least 80% wool.
- One pair of boots - for working and hiking. Be sure boots fit well, are broken in and are comfortable before you come to camp. Leather boots are great while using an axe in camp.
- One pair of sneakers
- One pair of lightweight footwear/sandals- great in the showers
- Two - three bras, if appropriate, with at least one sports style bra.
- Four- six t-shirts
- Two additional tops - for layering that are made of polypro, wool, or cotton/poly blend.
- Two long-sleeved shirts
- Two pairs of long pants - nylon, fleece, polypro, or wool with one heavier weight, i.e. thick jeans or work pants.

- One pair of long underwear - (separate top and bottom) made of polypro, wool or Capilene

(not cotton).

- Two - three pairs of shorts - athletic style, loose fitting and preferably not below the knees
- One - two bathing suits
- One set of sleepwear
- One heavier sweater or jacket - made of wool or fleece that can be packed in a backpack. (Most of the summer is warm, but at night the temperature may drop into the 40's F).
- Rain gear – a nylon poncho (that fits over you and your pack) or a set of raincoat/pants.
- One brimmed hat - baseball cap or hat with a brim for sun protection.
- One knit hat - wool or fleece for cooler weather

Other Equipment

- Two sturdy water bottles - one-quart capacity each - labeled
- One backpacking backpack or duffle bag that can fit under a bunk
- One sleeping bag and stuff sack
 - Synthetic fill (Polarguard, Quallofill, Hollofil, etc.)
 - With a nylon shell (not cotton)
- One sleeping pad for trips - foam or lightweight inflatable pad
- Two bandanas
- Eating utensils - for trail use include:
 - One sturdy plastic cup – plastic mugs with lids from convenience stores work well.
 - One 8-inch plate or shallow bowl - aluminum, stainless steel, or enamel ware.
 - One stainless steel spoon and one fork
- One flashlight - with new and spare batteries. Your camper may like a flashlight that has a headlamp and strap, which enables them to keep their hands free.

Miscellaneous Items

- Toilet articles - in mesh or heavy-duty plastic sealable bag; including:
 - Toothbrush
 - Toothpaste
 - Soap
 - Biodegradable shampoo in a plastic bottle.
 - One laundry bag - mesh if possible.
 - Menstrual supplies if applicable – and a plastic, sealable bag to hold them.
 - Sunblock - SPF 15 or higher
 - Medications if needed- enough for the entire stay at camp and to be given to the camp nurse the first day. (please follow med guidelines for RX)
 - Insect repellent - no aerosols, please. It is recommended to treat your clothing with permethrin spray prior to arrival.

- One towel
- Stationery - with stamps already on envelopes in plastic sealable bags to keep the envelopes from sticking shut in humid weather.
- A daypack - for day hikes and in-camp use. A little draw-string bag to sling on your back works well for a book, notepad, light, fleece, etc.

Optional Items

- Musical instrument – inexpensive and able to stand up to the rigors of a rustic environment
- Camp Chair - Crazy Creek or other type of packable chair
- Compass
- Sketch pad - with crayons/pencils
- Leather gloves - for work projects
- Sunglasses - with a keeper strap
- Book - Reading is great and every child should have access to a book or graphic novel. We have a library with some popular books. We would prefer if you left magazines at home. □
- Games - Quick, easy and small board games/Rubics cubes are welcome.
- Collectible card games (CCGs) can be brought at own risk. No trading of any kind.
- Dress-up items/costumes for skits - We have a fun costume options at camp for campers to borrow from but bring a favorite. Masks that hide the face are not allowed.
- Rubber boots - for in-camp rainy days
- Fixed-blade, sheath knife - no longer than 4” and with non-serrated blade with sharpening stone **

**If you plan to purchase a knife for camp we recommend the ones in our store which are the two options below, these fit our fixed/locking blade requirements and have proven to be high functioning for the various activities we use knives.

- Mora from Sweden.
- Opinel from France.

These tools are optional. We train and test our staff and campers to use these tools properly. Incorrect posture or other lapses in safety protocol will result in the temporary suspension of knife privileges until they have been re-tested.

Items that **MUST** be left at home by law, Camp Association regulation, or CW policy

- Electronics - Cell phones, games, and other devices (iPods, MP3 players, video recorders, Kindles, etc.)
- Food of any kind - Don't help your camper smuggle in candy! Seriously, it just attracts rodents & sometimes larger animals like bears. No care packages full of edibles will be accepted and will be confiscated. And yes, we do check!
- Valuable and irreplaceable items
- Hatchets
- Firearms - of any kind
- No smoking or illegal drugs allowed on the CW property
- Knives - with blades longer than 4 inches (or multi-blade) or approved non locking
- Candles - for the camps with enclosed wooden shelters
- Breakable bottles
- Aerosol sprays

When prohibited items show up at camp, they are removed from the camper and only returned when the camper is going home.

Camper Signature _____

Parent/Guardian Signature _____

Date _____