Packing List

CLOTHES

- ☐ Underwear (1 per day, 1-2 extra)
- ☐ socks that cover the ankle (1 per day, 1-2 extra)
- ☐ shorts (1 per day, 1-2 extra)
- ☐ t-shirts (1 per day, 1-2 extra)
- ☐ jeans (1-2 pairs)
- ☐ 1 sweatshirt or sweater
- ☐ 2 swimsuits
- ☐ 1-2 pajamas
- ☐ 1 raincoat or poncho
- ☐ 2-3 sun hats or bandanas

BEDDING

- ☐ pillow in pillowcase
- ☐ sleeping bag and sheet or blanket
- ☐ sheet set—twin size (if your camper is prone to bedwetting, please pack sheets and a blanket since they are easier to launder)

NECESSARY EQUIPMENT

- ☐ flashlight or headlamp with batteries
- ☐ extra batteries for flashlight
- ☐ water bottle
- ☐ two towels
- ☐ mesh bag for wet clothes
- ☐ day pack/backpack to carry items around camp
- ☐ laundry bag

TOILETRIES

- ☐ liquid soap or bar soap in dish for shower
- ☐ shampoo and conditioner
- ☐ toothbrush and toothpaste
- ☐ comb/brush
- ☐ deodorant
- ☐ sunscreen
- ☐ bug spray (non-aerosol)
- ☐ sanitary napkins/tampons
- ☐ something to tie hair back (like multiple hair ties)

SHOES

- ☐ 2 pairs of sturdy closed-toed shoes (we recommend at least one pair that can get wet in the rain or for creeking or boating activities)
- ☐ pair of shower shoes (flip-flops)

OPTIONAL EQUIPMENT

- ☐ lantern with batteries
- ☐ camera (expensive digital cameras are NOT recommended)
- ☐ Goggles
- ☐ pre-addressed/stamped stationery
- ☐ pencil/pen and notebook
- ☐ book to read
- ☐ a stuffed animal or pictures of family
- ☐ mess kit (unbreakable bowl, plate, and knife, fork, and spoon set for cookout – can be hard plastic)

Specialty Packing List

The programs below require specialty items. Some programs appear more than once on the list.

May Flather Programs

Action Adventure, Adrenaline Rush, Adventure Bound, Camp to Camp, Cave Crawlers, Epic Trekkers, H20 Venture, Off The Beaten Path, River Rush, Rocks & Ropes, Trailblazers, Wild about Water, Paddles and Saddles, Outdoor Odyssey, Muck and Mayhem, River Quest

Potomac Woods Programs

Totally Tubular, Rock the River, Water Otters, Horse Lover, Pony Tails, Wrangler in Training, Camp-to-Camp: May Flather, Wonders of Water, Outdoor Expert

Winona Programs

Gallup and Groove, Gallup Beyond, Horsing Around, Survive and Thrive

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Adventure Bound, & Off The Beaten Path

- ☐ Nylon long pants and shorts
- ☐ Fleece jacket
- ☐ 4-5 pairs wicking hiking socks/100% wool with wicking liners
- ☐ Sturdy hiking boots, broken in!
- ☐ Compact sleeping bag
- ☐ 2 wide mouth water bottles
- ☐ Small flashlight or headlamp with extra batteries
- ☐ Biodegradable soap

Trailblazers

- ☐ Sturdy hiking boots, broken in!
- ☐ 3-4 pairs wicking hiking socks/100% wool with wicking liners
- ☐ Compact sleeping bag
- ☐ Two water bottles

Totally Tubular, Rock the River, Water Otters, Adrenaline Rush, Adventure Bound, River Rush, H20 Venture, Wild about Water, Camp to Camp, Epic Trekkers, Paddles and Saddles, River Quest

- ☐ Hat with a FULL brim
- ☐ Closed water shoes or closed-toed shoes that can get wet
- ☐ Sunscreen, SPF 30 or higher
- ☐ Croakies/straps (for glasses or sunglasses)
- ☐ Second swimsuit & extra towels
- ☐ Two water bottles

Action Adventure, Rocks & Ropes, Adventure Bound, Adrenaline Rush, Cave Crawlers, Camp to Camp, Muck and Mayhem

- ☐ Old long pants, T-shirt, and sweatshirt - ****Caving is VERY MUDDY****
- ☐ Bandana
- ☐ Croakies/straps for glasses
- ☐ Work gloves or gardening gloves (optional)
- ☐ Extra pair of sturdy shoes and extra socks

Camp-to-Camp: May Flather, Outdoor Expert, Wonders of Water, Rock the River, Survive and Thrive

- ☐ Smaller bag for overnight campout
- ☐ Sleeping Bag

Wrangler in Training, Pony Tails, Horse Lover

- ☐ Long Pants for 5 days
- ☐ Close Toed sturdy shoes or riding boots.

Paddles and Saddles, Outdoor Odyssey, Gallup and Groove, Gallup Beyond, Horsing Around

- ☐ At Least one pair of long pants for horse riding
- ☐ Closed Toed sturdy shoes or riding boots.