

## Packing List

### CLOTHES

- underwear
- socks that cover the ankle
- pairs of shorts
- t-shirts
- jeans
- sweatshirt or sweater
- swimsuits
- pajamas
- raincoat or poncho
- sun hat or bandana

### BEDDING

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

### TOILETRIES

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

### SHOES

- two pairs of sturdy completely closed-toed shoes with back strap (one that can get wet)
- one pair shower shoes (flip-flops)

### NECESSARY EQUIPMENT

- flashlight with batteries
- extra batteries for flashlight
- water bottle
- two towels (one for pool, one for shower)
- mesh bag for wet clothes
- mess kit (unbreakable cup, bowl, plate, and knife, fork, and spoon set for cookout)
- backpack to carry items around camp
- laundry bag

### OPTIONAL EQUIPMENT

- lantern with batteries
- camera (expensive digital cameras are NOT suggested)
- pre-addressed/stamped stationery
- pencil/pen and notebook
- book to read

## Lost and Found

If your camper leaves an item behind at camp, please contact the camp via phone or email within two weeks (see page 6 for camp contact information).

If your camper's item is found, you may make arrangements to pick up the item at camp, at the bus stop, or at one of the GSCNC offices in the DC metro area. Lost items can not be mailed home.

Items will only be held for two weeks. After this time, all unclaimed items will be donated.

# Specialty Programs

Check to see if your camper's program appears on any of the following lists. Some programs appear more than once.

## All Horseback Riding Programs

- Pants (jeans or non-slippery type) that come down to the ankle but are not longer than the top of the foot and not so long that they need to be cuffed more than once
- Shirts that can be tucked into the pants without slipping out
- Paddock boots or boots with at least a half-inch heel to prevent feet from sliding through the stirrups. Must at least be higher than the ankle, but no higher than mid-calf. Boots should be made of a hard material (no rubber, muck or hiking boots).

## Expedition Wilderness & Adventure Bound

- 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

## Wild and Wonderful & 2 Wild, 2 Wonderful!

- Empty backpack or small duffel

## Paddles and Trails & Trailblazers

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

Extended time on the water:

## All Camp Coles Trip programs, Rock the River, River Adventure Paddles and Trails, Watered Down, Adrenaline Rush, River Rush, Water Otters, Wild & Wonderful, 2 Wild, 2 Wonderful!, H2O Venture

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

Caving is VERY MUDDY:

## Action Adventure, Rocks & Ropes Adventure Bound, Speleology Adrenaline Rush, and Cave Crawlers, 2 Wild, 2 Wonderful!

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

## General Packing Tips

- Be sure to pack enough clothing to last the entire program. Laundry facilities are limited and reserved for health center laundry.
- Remember that camp life involves a lot of good, clean dirt. **Do NOT send new clothes or items that can't get dirty.**
- Be sure to pack warm bedding, sweatshirts, and long pants, as camp is often cool in the evenings, overnight, and in the morning.
- Be sure clothes are camp appropriate. Girls will spend time in open fields and wooded areas and hike during their time at camp.
- For safety reasons, only stud earrings will be allowed at camp. Girls may be asked to remove other jewelry while participating in activities at camp.
- Make sure the camper's first and last names are on all belongings.**
- Campers should be able to move their own luggage short distances.
- Have your camper help pack her bag and roll her sleeping bag. She will be responsible for packing her bag at the end of the week.
- Consider packing each day's change of clothes in a clear (Ziploc) bag, labeled with the day of the week. Campers can then pull out the clothes they need one day at a time and keep their dirty clothes separated.
- Please do not pack clothes or loose items in a pillow case or trash bag. They are both very difficult to secure and easily misplaced.
- Check the list of specialty gear to see if your program requires extra equipment (page 32).**

### What NOT to Pack

**Please leave electronic gadgets at home. DO NOT send iPods, electronic games, tablets, expensive cameras, cell phones, glass containers, pocket knives, food, or candy.** Valuable items often end up broken or missing at camp. GSCNC is not responsible for damaged or missing items.

**Camp staff will ask campers to hand in any of the following items if brought to camp:**

- iPods, tablets, electronic games, etc.
- Cell Phones. Staff are trained in dealing with home missing and other issues, and parents will be notified of any concerns. Please feel free to call the camp office at any time to check on your camper.
- Personal sport equipment such as bows, lacrosse sticks, and climbing gear.
- Food. Due to life threatening food allergies, food brought to camp or sent in the mail will be discarded. It can also attract animals.

Collected items will be stored in the Camp Office for safe keeping until the end of the week.