

## 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, H2O Venture, Off The Beaten Path, River Rush, Rocks & Ropes, Trailblazers, Wild about Water, Paddles and Saddles, Legacy Crew, Outdoor Odyssey

### Potomac Woods Programs

Totally Tubular, Rock the River, Water Otters, Castaways, Horse Lover, Pony Tails, Wrangler in Training

### Winona Programs

Gallup and Groove, 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, H2O Venture, Wild about Water, Camp to Camp, Epic Trekkers, Paddles and Saddles, Legacy Crew

- 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

- 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

## Castaways, 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, Horsing Around

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