

THINGS TO BRING WITH YOU TO CAMP (Backpacking)

(Please put your name on all articles)

For Backpacking Trip:

- a positive attitude
- compressible and synthetic sleeping bag*
- sleeping pad*
- internal frame backpack (suggested 50+ L in size)*
- pack cover (optional)
- headlamp with extra batteries*
- hiking boots/shoes
- small pillow (optional)
- rain jacket
- rain pants (optional but suggested)
- 3 pairs of non-cotton socks for hiking/wear around campsite
- 2 sets of synthetic (non-cotton) under garments
- camp shoes (closed toe shoes to pack on the backpacking trip, i.e. crocs, tennis shoes)
- plastic/metal bowl and spoon
- 2 reusable 1 L water bottles ***with camper's name clearly marked on them***
- 2 pairs of lightweight pants and 1 long sleeve hiking shirt (non-cotton and durable)
- 1-2 pairs of shorts and 1-2 short sleeve shirts for hiking (non-cotton and durable)
- fleece pullover or light jacket for chilly mornings/evenings (non-cotton and durable)
- personal articles: toothbrush, toothpaste, contact case, solution, etc.
- a hat, sunscreen, and bug spray
- bandanna
- trekking poles (optional)
- journal and pen (optional)

*if you do not have access to any of the starred items, please contact the camp office and we can provide those items for your child on the trip. Please try to contact us at least 2 weeks prior to the trip to give us time to acquire the needed gear. Thank you!

For Around Alta Mons:

- 2 pairs of closed toe shoes, one wet, one dry – sandals and flip flops for shower use only (can be the hiking boots/shoes and camp shoes from above)
- 2-3 changes of clothes including shorts, modest swimsuits, t-shirts, long sleeved warm shirt, long pants, underwear, 2-3 changes of socks
- shower items, 2-3 towels for shower/pool back at camp, deodorant, shampoo, etc.
- small backpack or drawstring bag to carry pool items in
- balance of your registration fee, if any is due

THINGS NOT TO BRING

- ___ a negative attitude
- ___ over-the-counter medicines (unless you take this everyday)
- ___ radios, cassette, CD players, iPods, **cell phones**, or any other antisocial device.
- ___ alcohol, tobacco products, illegal drugs, knives or weapons, fireworks
- ___ money, valuables of any kind, jewelry, etc.
- ___ food, candy or snacks