

Camper Packing List (2023)

Campers have limited space to store belongings, so please try to fit clothing and gear into one medium sized duffle bag/suitcase, plus a backpack and bedding. Those flying to camp or anyone unable to bring bedding or other items should notify the director ahead of time so we can lend you what is needed. Please keep in mind that anything you bring to camp may get dirty, damaged, or lost. Name labels are highly recommended!

Necessary Items:

- Casual clothing for 7-10 days (long and short sleeve shirts, pants, extra underclothes & socks. Please consider clothes that can be re-worn, limited washing is available if needed)
- Warm clothes for cold nights (sweatshirt/sweater, hat, coat/warm jacket, warm PJs).
- Sturdy shoes/sneakers (2 pairs is best, closed toed, not brand new!),
- Water shoes/strap on sandals for swimming and flip flops for showers
- Water bottles (two ~32oz bottles for daily use and hikes)
- Sun hat/cap for daily wear
- Sunscreen, lip balm/chapstick
- Swim suit and two towels
- Warm sleeping bag plus blanket, twin fitted sheet (camp only supplies mattress, but has some extras)
- Tooth brush, comb, soap and shampoo (fragrance free preferred)
- Flashlight and extra batteries
- Sturdy daypack for daily use at camp and on hikes
- Adequate supplies of any medications, prescription and/or OTC, in original containers

Optional Items:

- Face-Masks (n95/k95 masks preferred, optional but handy to have a few that fit you if needed)
- Musical instruments and song books
- Pictures of family or reminder of home
- Camera (disposable is safest)
- Journal, sketch book, books to read
- 1-2 white cotton shirts for craft projects
- Bug spray (non aerosol)
- A favorite snack and/or fruit to share with camp
- Pre-addressed Envelopes / Stamps
- Frame backpack for overnight trips
- Sleeping pad and stuffable sleeping bag for backpacking
- Foldable camp chair
- Pillow (camp has extra)

Group supplies: Please contact if you can bring/donate to camp!

- Portable HEPA air cleaners/filters
- Extra COVID-19 rapid antigen tests
- Sport equipment to share
- Hammocks or camp cots

Do not bring ('tis a gift to be simple):

- Knives or weapons of any kind
- Cell phones, other electronics, money, special jewelry, or other valuables (staff can collect and return after camp)
- Extra personal food or candy (unless cleared before hand)
- <u>Director@MountainFriendsCamp.org</u> www.MountainFriendsCamp.org

