



OVERNIGHT CAMP PACKING LIST

PLEASE PUT YOUR CHILD'S NAME ON EVERY ITEM THEY BRING!! ITEMS TEND TO GET LOST AT CAMP & NAMES HELP US RETURN THEM TO THE RIGHT OWNER.

GENERAL ITEMS:

- OPTIONAL: FACE MASKS/COVERINGS**
- A LARGE, OLD SUITCASE OR DUFFEL BAG TO CARRY EVERYTHING
- SLEEPING BAG OR SHEETS & BLANKET
- PILLOW & PILLOWCASE
- 2 TOWELS
- PLASTIC GROCERY BAGS FOR STORING WET/MUDDY/DIRTY SHOES/CLOTHES
- NOTEBOOK, PENS/PENCILS, & BIBLE (IF CHILD OWNS ONE)
- BUG SPRAY W/TICK PROTECTION
- SUNSCREEN - SPF 20 OR HIGHER
- REFILLABLE WATER BOTTLE
- SMALL BACKPACK/DAY BAG TO CARRY WATER BOTTLE DURING HIKE OR TOILETRIES FOR SHOWERS
- TOILETRIES (SHAMPOO, TOOTHBRUSH, TOOTHPASTE, DEODERANT, SOAP, ETC...)
- FLASHLIGHT WITH BATTERIES
- OPTIONAL: CAMERA - PLEASE NOTE THAT WE DO NOT ALLOW CAMPERS TO HAVE WORKING CELL PHONES WHILE ON CAMP**

CLOTHING: PLEASE NOTE THAT CLOTHING, SHOES, & ALL OTHER ITEMS ARE SUBJECT TO GRASS & MUD STAINS. THIS IS CAMP, AFTER ALL!!

- T-SHIRTS & LONG-SLEEVE SHIRTS** No crop-tops, extra-large armholes, or inappropriate graphics, please! Tank tops should be at least 2 fingers wide.
- SHORTS & PANTS** Shorts should hit mid-thigh (i.e..below thumb when arm hangs at your side.) **FOR GIRLS DOING ACTIVITIES WITH A HARNESS (ZIPLINE, HIGH ROPES), THE MOST COMFORTABLE OPTION TENDS TO BE ATHLETIC LEGGINGS THAT DON'T SHOW UNDERWEAR LINES (PLEASE NO THIN COTTON LEGGINGS!).**
- UNDERWEAR & SOCKS FOR EACH DAY OF CAMP, PLUS 2-3 EXTRA PAIRS**
- RAIN GEAR** Rain jackets or ponchos are best options
- PAJAMAS** Please be modest for the comfort of fellow campers.
- SWEATSHIRT** For cool mornings & air-conditioned buildings
- *CLOSED-TOE SHOES* - AT LEAST 2 PAIRS**
 1. Sneaker or Hiking shoes for walking around camp
 2. Water Shoes (closed-toe) or old sneakers that you are OK with being fully submerged and/or muddy for canoeing & creek hike
 3. (OPTIONAL) - flip flops or slippers for showers and/or indoors
- BATHING SUIT**
 - GIRLS - WE ASK FOR A MODEST TANKINI OR ONE-PIECE SUIT
 - BOYS - WE ASK FOR BOARD OR BOXER STYLE SUITS (no spandex or speedos, please!)

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SPECIAL ITEMS

WRANGLERS: IF YOUR CHILD IS ATTENDING A WRANGLERS CAMP, PLEASE PACK THESE ADDITIONAL ITEMS ...

- LONG PANTS** PLEASE ENSURE YOUR CAMPER PACKS A PAIR OF LONG PANTS (JEANS, SLACKS, LEGGINGS... TO PREVENT CHAFING & DISCOMFORT WHILE RIDING.
- BOOTS** HIKING OR RIDING BOOTS, WITH A SLIGHT HEEL, WORK BEST FOR HORSEBACK RIDING. RAIN BOOTS, SNEAKERS, OR WEDGE HEELS ARE NOT GOOD OPTIONS..

MEDICATION(S):

- If your child will need medication(s) administered while at camp (whether prescription or OTC), please do NOT pack them in your child's suitcase.
- Please label all medications with your child's name and check it in with our clinic staff after you have checked your child in for camp.



CAMPERS, PLEASE *DO NOT* BRING ANY OF THE FOLLOWING:

- X** CELL PHONES, IPODS, TABLETS, LAPTOPS, ETC...
TECHNOLOGY IS AMAZING, BUT WE WANT HIGHROAD TO BE A PLACE FOR CAMPERS TO HAVE A BREAK FROM THEIR SCREENS. WE'VE FOUND THAT EVEN ONE DAY WITHOUT TECHNOLOGY CAN HELP BUILD INDEPENDENCE AND INTERPERSONAL SKILLS. FOR THAT REASON, WE HAVE NO WIFI AND LIMITED CELL RECEPTION ON CAMP.
- X** KNIVES & FIREARMS - INCLUDING AIR-SOFT, PAINTBALL, SLINGSHOTS, OR ANYTHING ELSE THAT CAN CAUSE BODILY INJURY/HARM.
- X** INAPPROPRIATE BOOKS - GRAPHIC/VIOLENT NOVELS, COMIC BOOKS, ETC...
- X** CIGARETTES, MATCHES, OR LIGHTERS
- X** PETS
- X** ANYTHING YOU OR YOUR CHILD WOULD BE DEVASTATED TO LOSE.