

Gwynn Valley Camper Packing List

ATTENTION ALL OVERNIGHT CAMPERS: Packing in a trunk **or** duffel works well, as campers have shelves on which to unpack. All clothing and personal items must be **labeled**. Exact quantities depend on the length of stay. **Clothes are laundered twice weekly**, so you do not need to send more than the list suggests.

REMINDER: DO NOT PACK MEDICATION, IT MUST BE HANDED TO HEALTH CARE STAFF UPON ARRIVAL

PACKING LIST:

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| <input type="checkbox"/> 2 blankets or 1 comforter | <input type="checkbox"/> Sunscreen, insect repellent, lip balm, etc. |
| <input type="checkbox"/> 2 sets twin sheets (2 fitted & 2 flat; only laundered at camp if soiled) | <input type="checkbox"/> 2 swim suits (for girls: one pieces or tankinis only) |
| <input type="checkbox"/> 3 pillow cases (1 is for pillow case day) | <input type="checkbox"/> 1 drinking cup for cabin |
| <input type="checkbox"/> 1 pillow | <input type="checkbox"/> 1 pair sport sandals with heel strap (e.g. Texas, Keens, Chacos) |
| <input type="checkbox"/> 4 towels | <input type="checkbox"/> 1 pair tennis shoes |
| <input type="checkbox"/> 2 wash cloths | <input type="checkbox"/> 1 pair closed-toe water shoes for creek hikes and tubing (old tennis shoes or Keens ok, no crocks, Texas or Aqua Socks) |
| <input type="checkbox"/> 1 laundry bag | <input type="checkbox"/> 100% cotton white t-shirt or other item (not towels) if your camper chooses to tie dye or batik |
| <input type="checkbox"/> 3 pairs jeans or long pants | <input type="checkbox"/> 1 sleeping bag (for camp-outs) |
| <input type="checkbox"/> 6-8 shirts | <input type="checkbox"/> 1 water bottle |
| <input type="checkbox"/> 6-8 shorts | <input type="checkbox"/> 1 flashlight with extra batteries |
| <input type="checkbox"/> 8-10 sets of underwear | <input type="checkbox"/> 1 Day pack or back pack |
| <input type="checkbox"/> 12-14 pairs of socks | <input type="checkbox"/> 1 raincoat or poncho (very important) |
| <input type="checkbox"/> 2 pairs sleepwear (1 warm) | |
| <input type="checkbox"/> 1 warm sweatshirt or fleece pullover | |
| <input type="checkbox"/> Toiletries– shampoo, soap, toothbrush, etc. | |

-----Optional Suggested Items-----

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| <input type="checkbox"/> Letter writing material (We recommend pre-addressed & stamped envelopes in zip-lock bags for storage and protection against moisture) | <input type="checkbox"/> 1-2 games |
| <input type="checkbox"/> Musical instrument | <input type="checkbox"/> 1 costume for Tajar Ball (Costume Party & Carnival) |
| <input type="checkbox"/> 2-3 favorite books | <input type="checkbox"/> Waterproof shoes or boots (pull-on, duck, etc.) |
| <input type="checkbox"/> 1 bathrobe for shower house | <input type="checkbox"/> 1 pair shoes or boots with heels for horse riding |
| <input type="checkbox"/> 1 pair of flip flops for shower house | <input type="checkbox"/> 1 casual white outfit or shirt for Sunday service (not needed E Session) |
| <input type="checkbox"/> 1-2 disposable camera(s) | <input type="checkbox"/> 1 favorite, small stuffed animal |

Items To Leave At Home: Trading cards and toys, hair dryers, curling irons, hair straighteners, make-up, toy guns, electronic devices (i-pods, mp3 players, tablets, e-readers, radios, cell phones, electronic games, etc.), breakable or fragile items, pets, gum, candy, or any other food.

MOUNTAINSIDE & RIVERSIDE ADDITIONAL ITEMS:

Please make sure to bring the items below **in addition** to those listed above. Some of these items are listed as optional above because they are helpful but not necessary in our Main Camp program. However, items below are **VERY IMPORTANT** in ensuring safety and warmth during MS/RS activities and adventures.

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| <input type="checkbox"/> 2 pairs of wool or fleece socks (NOT cotton) | <input type="checkbox"/> Of the 3 pairs of long pants, at least 1 should be quick dry material (NOT jeans or cotton) |
| <input type="checkbox"/> 1 pair firm-soled shoes or light to medium weight hiking boots (If shoes are new, please try to wear for 3 weeks before camp to break them in) | <input type="checkbox"/> 1 pair (top and bottom) synthetic long underwear (NOT cotton) |
| <input type="checkbox"/> 1 hat for sun protection | <input type="checkbox"/> 1 lightweight, compact sleeping bag with synthetic fill and stuff sack (backpacking style) NO cotton filled bags |
| <input type="checkbox"/> 1 raincoat/jacket (NOT a poncho) | <input type="checkbox"/> Extra batteries for flashlight or headlamp |
| <input type="checkbox"/> Of the 6-8 shorts, at least 2 pairs should be quick-dry material (NOT cotton) | <input type="checkbox"/> 2 Water bottles (1L / 32oz or larger) |
| <input type="checkbox"/> 1 fleece pullover or jacket | <input type="checkbox"/> 1 book bag/daypack |
| <input type="checkbox"/> Of the 6-8 shirts, at least 2 should be quick-dry material (NOT cotton) | |