

## MOUNTAIN VALLEY COMMUNITY CAMP

### CLOTHING AND EQUIPMENT LIST

It is very important that your child comes to camp well prepared. If she has a part in packing her clothes and equipment, she will have a better idea of what she has and where it is located. Pack small items (socks, undies, toiletries) in large Ziploc bags. Girls will be carrying their own gear, so please, no large suitcases and no heavy trunks. A duffle\* is best. Her sleeping bag needs a cover (stuff bag, laundry bag, pillow case) Do not use plastic bag, they tend to rip.

#### **BE SURE THAT EACH ITEM IS CLEARLY MARKED WITH YOUR CAMPER'S NAME**

**\* SEE NEXT PAGE**

\_\_\_\_\_ Plastic bag for wet items

\_\_\_\_\_ \*All Medicine: Prescription and Over-the-Counter, in original container, checked in with Health Supervisor

\_\_\_\_\_ Warm Sleeping Bag

\_\_\_\_\_ Pillow (optional)

\_\_\_\_\_ \*Dunk Bag - plastic or metal plate, bowl, cup, and silverware all in a nylon \_\_\_\_\_ net bag w/draw string)

\_\_\_\_\_ Large Day Pack

#### **IN DUFFLE BAG bring:**

\_\_\_\_\_ Underclothing

\_\_\_\_\_ Socks - Lots! They get lost and wet

\_\_\_\_\_ Pajamas

\_\_\_\_\_ \*Shoes (2) **must check \* on page 2**

\_\_\_\_\_ Jeans or long pants

\_\_\_\_\_ Shorts (several)

\_\_\_\_\_ T-shirts or tops

\_\_\_\_\_ Sweatshirts or sweater

\_\_\_\_\_ Warm jacket

\_\_\_\_\_ Rain coat or poncho

\_\_\_\_\_ Shower towel and washcloth

\_\_\_\_\_ \*Toiletries (hairbrush, toothbrush, toothpaste shampoo, bar soap, lotion, hair ties, etc)

\_\_\_\_\_ Pre-addressed and stamped envelopes, for writing home, etc.

\_\_\_\_\_ Plastic bag for laundry

#### **IN LARGE DAY PACK bring:**

\_\_\_\_\_ Sun hat/baseball cap

\_\_\_\_\_ Sun glasses

\_\_\_\_\_ Water bottle (sturdy, water tight lid)

\_\_\_\_\_ Flashlights (2) (extra batteries)

\_\_\_\_\_ Insect repellent (non-aerosol)

\_\_\_\_\_ Sunscreen

\_\_\_\_\_ Chapstick

\_\_\_\_\_ Swim suit or 2 (time to dry between uses)

\_\_\_\_\_ Swim towel or 2 (time to dry between uses)

\_\_\_\_\_ Disposable camera with name (optional)

#### **CAMPERS: DO NOT BRING**

- **CELL PHONES** or **ELECTRONICS** of any kind
- **HAIRDRYERS, CURLING IRONS, etc**
- **VALUABLES** Or anything you would feel bad if it was broken or lost
- **MONEY**, there is no place to spend it.
- **GUM, CANDY, OR OTHER FOOD**, It attracts mice and other critters (unless requested by your counselor)

**Always have your daughter help pack and check off the packing list so that she will know what she brought to camp and where it is!**

\*Duffle Bag - Use a Duffle that is too big for what your daughter will bring. We all tend to fill and stuff to the brim and if there is extra room in the bag it will be much easier for her to find what she needs. *(Some campers pack their pillow, stuffed animal and extra blanket in their duffle bag and when they are removed at camp the duffle bag has plenty of extra room.)*

Same for the Sleeping Bag. A larger stuff sack is much easier for a camper to stuff the sleeping bag into at the end of camp.

\***All Medicine** - Prescription and Over-the-Counter medicine must be in their original containers and checked in with the Health Supervisor. Campers will *not have any* medicine in their possession (except inhalers and Epi-pens) The Health Supervisor will *administer all* medicine as prescribed, including over the counter drugs.

\*Dunk Bag - Plastic or metal plate and bowl, plastic mug (8-12oz best) and metal flatware (plastic tends to melt), all in a nylon net bag with a draw string. Bag should be big enough to put but all items in easily, but not much larger.

\*Toiletries - Please send small bottles (2-4oz) of shampoo, hair conditioner, toothpaste, lotion, contact lens solution, etc. Bar soap can be cut in half. Hairbrushes, toothbrushes are best full size. Hair ties and other small items are best but in small Ziploc bags. All shower items can go in their own Ziploc bag. Then put them all in a 1-2 gallon Ziploc bag. We recommend using sip lock bags so campers can see what is in them. Don't forget to write their name on all the clear zip lock bags.

\*Shoes - At least 2 pair of shoes options can be:

A pair of tennis shoes/hiking shoes broken in (a lot of walking on uneven ground)

A sturdy pair of sandals with heel strap such as Teva or Keen.

Water shoes are a good 3rd pair of shoes.

They will be wearing them all week. Make sure they are comfy.

No flip flops *except* for in the shower house.