

CAMP HIGH ROCKS

SUGGESTED CLOTHING AND EQUIPMENT LIST

We recommend that you use the list below as a guide for the clothes and equipment that your camper brings to camp this summer. It can be helpful to show younger campers where you packed certain items in the trunk.

Please do not bring any food, knives, electronics, aerosols or hammocks to camp. **ALL** clothing, including shoes, athletic equipment, fishing gear, or anything else you want returned, should be **clearly marked with your camper's name**. Please do not just use initials, if possible. We have found that there are clothing labels on the market that work best; however, Sharpies work fine as well.

Clothing

- 8 t-shirts*
- 1 sweatshirt*
- 2 long-sleeved synthetic tops (Under Armour Coldgear, mid-weight Capilene, or mid-weight Duofold/polypro) –Not Cotton
- 10 pairs underwear
- 10 pairs socks*
- 2 pairs hiking socks (not Cotton)
- 4 pairs long pants (jeans, khakis or synthetic)
- 5 pairs shorts*
- 2 or 3 bathing suits
- 1 fleece jacket
- 2 pairs pajamas or other sleepwear*
- 1 coated nylon poncho or raincoat (not thin plastic)

Footwear

- 2 pair tennis shoes or similar sturdy comfortable shoe for day to day athletic use.
- 1 pair Teva/ Chaco style sandals or other water shoes to get wet (with heel strap, not flip-flops). Crocs do not work.

Equipment and Gear

- Toilet articles – comb/brush, toothbrush with cover, toothpaste, shampoo, body wash, deodorant, etc.
- Small toiletry bag/shower caddy
- 1 book bag / daypack (used for day trips) - should be able to hold a towel, shoes, raingear, and a water bottle
- 2 Nalgene type water bottles; 32oz. or canteens *
- Flashlight or headlamp (normal size for ease in backpacking)
- 1 lightweight backpack-style sleeping bag (not cotton or down filled) rated around 30°F
- 1 stuff sack for sleeping bag
- 1 bug repellent (non-aerosol)
- Sunscreen

Bedding and Linens

- 2 sets of sheets (single bed)
- 1 pillow
- 2 pillowcases
- 2 blankets*
- 3 towels*
- 3 washcloths
- Laundry bag*

Optional Items

These can be helpful if you have a preference, but **are not required**. Camp will supply all of the items your son will need for activities.

- 1 set of clothes for square dances (3 and 4 week sessions)
- Books and summer reading
- 1 closed cell sleeping pad for backpacking
- Tennis racquet
- 1 pair sturdy, athletic trail shoes
- Climbing Shoes and chalk bag
- Fishing pole and gear - single hook lures only
- Ping Pong paddle
- Disc Golf discs
- Soccer shin guards and cleats
- Stamped, pre-addressed envelopes in ZipLocks
- Writing paper, pens
- Crazy Creek chair*
- Stuffed animal
- Battery-operated fan
- 1 large, bike-style water bottle if you plan on mountain biking* – A CamelBak or similar hydration pack is recommended for intermediate and advanced mountain bike riders
- Fun Stuff:**
 - Hawaiian Shirt (Waikiki Wednesday)
 - July 4th themed items (July session)
 - High Rocks Tie-Dye Shirts from Years Past

Items with an asterisk (*) are available for pre-order online

