

CAMP HIGH ROCKS

SUGGESTED PACKING 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. In all session longer than one week, your camper will have laundry done every Sunday.

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 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)
- 7 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)
- 5 Reusable Face Coverings (Review Second Page for Acceptable Camp Face Coverings) *

Footwear

- 2-3 pairs of 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

- Toiletries –brush, toothbrush with cover, toothpaste, shampoo, body wash, deodorant
- 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.*
- 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
- 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.

- 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
 - July 4th themed items (July session)
 - Camp Tie-Dye Shirts from Years Past

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

CAMP HIGH ROCKS

YOUR GUIDE TO FACE COVERINGS

There will be times at camp we ask each camper to wear a mask. The CDC has recommended [guidance](#) on the best masking choices. Please follow the guide below when selecting masks to bring to camp. We will also have adult and kid sized mask available at the camp store for pre-order. **All masks must have TWO or more layers of fabric.** We **DO NOT RECOMMEND** gaiters that have to be folded into two layers, please use gaiters with two layers built in.

Cleaning Masks: Camp High Rocks will wash camper's masks two to three times a week. Please bring masks that will last through a few laundry cycles.

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

Gaiters & face shields

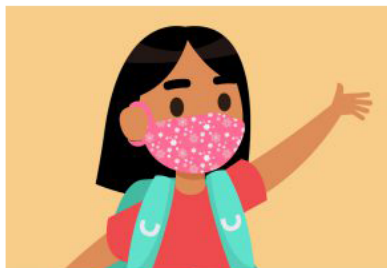


Wear a gaiter with two layers, or fold it to make two layers



Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

Children



Find a mask that is made for children to help ensure proper fit



Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides



Do NOT put on children younger than 2 years old

Images from the CDC website Feb. 2021.

If you have questions regarding face coverings, please reach out to our office at (828)885-2153.