

Father-Son Packing List - 2021

Spring weather in the mountains will typically afford us the wonderful combination of warm days with cooler nights, however it can also be a bit more unpredictable. Please plan accordingly by bringing clothes to keep you cool during the day and warm in the evenings.

Packing List:

- T-shirts/long-sleeved shirts **
- Sweatshirt/Fleece **
- Linens (these can be provided by camp at your request if traveling by plane)
 - sheets
 - blankets
 - pillows
 - towels
- Raincoat
- Tennis/athletic shoes
- Extra pair of shoes
- Shoes that can get wet (flip-flops, Chacos, Tevas etc.)
- Toiletries/Personal items
- Medications (if needed)
- Bathing suit/extra towel
- Flashlight/headlamp
- 2 Reusable Face Coverings (Review Second Page for Acceptable Camp Face Coverings) *

Optional:

- Sleeping bag –if you would rather not bring linens.
- Crazy Creek ** or fold out chair for campfire
- Water Bottle **
- Bug Spray
- Fishing gear
- Tennis racquet
- Camera/GoPro camera
- Disc golf discs
- Goggles
- Playing cards

Please avoid packing any video games, iPads, or video iPods; we have plenty of activities that are sure to keep you busy during your stay with us! Cell phone service is difficult to find once you reach camp, but we do have phones available for urgent phone calls in our office.

** These items are also available for purchase in our camp store.

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 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.

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

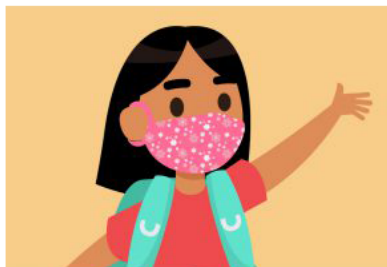


Wear a gaiter with two layers, or fold it to make two layers



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.