

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 sessions longer than one week, your camper will have laundry done every Sunday.

Please do not bring any food, knives, electronics, cameras, 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 or mid-weight 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)

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.
- Canoeing/Kayaking shoes - Close-toed, low-profile water shoes. - *If planning to take this activity.*

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 the items your son will need for activities.

- Books and summer reading
- Stuffed animal
- Stamped, pre-addressed envelopes in ZipLocks
- Writing paper, pens
- Tennis racquet
- 1 pair sturdy, athletic trail shoes
- Disc Golf discs
- Soccer shin guards and cleats
- Crazy Creek chair*
- Battery-operated fan
- Climbing Shoes and chalk bag
- Fishing pole and gear - single hook lures only
- Ping Pong paddle
- 1 closed cell sleeping pad for backpacking
- 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
- Camp Tie-Dye Shirts from Years Past
- Favorite Jersey (Jersday Thursday)
- Fun Socks for Crazy Sock Day
- 4th of July Themed Items (July Session)

Asterisk items (*) are available for pre-order online from our camp store.