

NORTH CAROLINA MOUNTAIN ADVENTURE PACKING LIST

Please bring enough clothes to last your entire camp session. **Old clothes are best to bring to camp.** Pack your belongings in something your camper can lift and carry herself. ***Please put your name on every item that you bring to camp.***

DO NOT pack in rolling suitcases!

You will re-pack in provided suitcase prior to leaving camp for trips.

Clothing

- _____ Laundry bag- *clearly marked*
- _____ T-shirts (no tank tops)
- _____ Shorts
- _____ Socks
- _____ Underwear-undergarments
- _____ Pajamas
- _____ Sneakers ***only***
- _____ Hiking boots (optional)

Personal care items

- _____ Bandannas and/or hair ties
- _____ Soap
- _____ Toothbrush
- _____ Toothpaste
- _____ Shampoo
- _____ Conditioner
- _____ Hair brush/Comb
- _____ Deodorant
- _____ Sanitary supplies
- _____ Flip flop (shower use only)
- _____ Wash cloth
- _____ Bath towel
- _____ Medications in **original container with current directions of use** (check in at Health table)

Bedroll

- _____ Sleeping Bag
- _____ Camping Pad
- _____ Pillow

Extras

- _____ Book to read
- _____ Stationary, stamps, pencils, or pens
(Peel & stick stamps are best; pre-address envelopes highly recommended)
- _____ Favorite stuffed animal
- _____ Battery operated fan
- _____ Water bottle-reusable
- _____ Flashlight (+ extra batteries)
- _____ Insect repellent
- _____ Sunscreen-waterproof SPF30+
- _____ Raincoat or poncho
- _____ Mess kit or equivalent
- _____ ONE electronic device

Activity

- _____ Bathing suit
 - one piece or tankini - no open midriffs
- _____ Lake/pool towel – 2 for the week
- _____ Closed-toe, amphibious footwear
- _____ Barn Bash attire (country western wear)

LEAVE AT HOME

- Additional tablets, e-readers, cellular phones, MP3 players, smart watches or any personal electronics.
- Makeup and clothing deemed inappropriate, hair dryers, straighteners and aerosol cans. ***Do not bring fragrances to camp – they attract biting insects.***
- Snack food, drinks, or candy (including gum) – they attract camp critters and can be harmful to some of our animal residents.
- Personal bows or other personal activity items as your camper will be solely responsible for this item all week. *Leave anything at home that you'd be upset to lose or have damaged.*

LOST AND FOUND

Any items left behind at camp will be held no longer than one month (30 days) from the date of your camper's departure/check-out from camp. Any items not *retrieved* from our staff by that date will be donated to a charitable organization, discarded, or used for campers in need at our camps.