

## SUGGESTED CAMPER PACKING LIST

(suggested for two weeks)

### NOTE:

ADVENTURE TRIPS & ADVENTURE VILLAGE HAVE SEPARATE PACKING LISTS THAT CAN BE FOUND ONLINE AT [WWW.FROSTVALLEY.ORG](http://WWW.FROSTVALLEY.ORG)

Please pack appropriately for camp. Modest bathing attire is suggested. T-shirts should cover campers midribs. Closed-toed shoes are required for active camp programs and walking about on rough terrain. Clothing with alcohol, tobacco, drugs, sexual content, or inappropriate language will not be permitted. Frost Valley will provide any sports equipment campers need for activities.

### \*REQUIRED ITEM

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 3-5 masks<br>(disposable or cloth)*                            | <input type="checkbox"/> 1-2 heavy<br>sweater/jacket                         | <input type="checkbox"/> toothbrush and paste   |
| <input type="checkbox"/> blanket &<br>sleeping bag*                                     | <input type="checkbox"/> 2-3 sweatshirts                                     | <input type="checkbox"/> shampoo  |
| <input type="checkbox"/> warm blanket<br>(for when keeping<br>windows open at<br>night) | <input type="checkbox"/> 12 pairs socks                                      | <input type="checkbox"/> sunblock   |
| <input type="checkbox"/> 2 fitted &<br>2 flat sheets                                    | <input type="checkbox"/> hat or cap  | <input type="checkbox"/> water bottle (20 oz.)  |
| <input type="checkbox"/> 2 pillowcases  | <input type="checkbox"/> raincoat or poncho                                  | <input type="checkbox"/> bug spray  |
| <input type="checkbox"/> 1 pillow   | <input type="checkbox"/> 2 bathing suits                                     | <input type="checkbox"/> 2 pairs pajamas  |
| <input type="checkbox"/> 1 laundry bag*   | <input type="checkbox"/> hiking shoes/sturdy<br>shoes (already<br>broken in) | <input type="checkbox"/> 10 t-shirts  |
| <input type="checkbox"/> 4 bath towels*   | <input type="checkbox"/> sneakers (2 pairs<br>if possible)                   | <input type="checkbox"/> 4 long sleeve shirts   |
| <input type="checkbox"/> 6-8 shorts   | <input type="checkbox"/> soap and soapbox                                    | <input type="checkbox"/> barn shoes for farm<br>and horse camp<br>(if applicable)                     |
| <input type="checkbox"/> 4-5 jeans/long pants   | <input type="checkbox"/> comb/brush  | <input type="checkbox"/> closed toe water<br>shoes (Farm/EVR)   |
| <input type="checkbox"/> 1 belt   | <input type="checkbox"/> flashlight* & extra<br>batteries                    | <input type="checkbox"/> several pairs of jeans<br>for horseback riding<br>(if applicable)            |
| <input type="checkbox"/> 12 pairs underclothes  | <input type="checkbox"/> postcards & stamps<br>with addresses                | <input type="checkbox"/> rash guard for<br>swimming (optional<br>for campers,<br>mandatory for staff) |
|   | <input type="checkbox"/> pencils/pens  |   |

### OPTIONAL

(Bring them if you have them)

- camera (inexpensive or disposable)
- musical instrument (inexpensive)
- book (**NOT** digital book readers)
- white t-shirt (or something else to tie dye)