

# Overnight Camp Packing List

## Clothing

- Warm weather clothing (enough for each day at camp plus at least 2 additional outfits)
- Long pants (at least 2 pairs, the island has chilly mornings)
- Enough underwear, bras, and socks for each day at camp plus an extra or two
- Bathing suits (at least 2)
- Warm layers: Jacket, sweater, or sweatshirts (at least 2)
- Rain gear (rain jacket or poncho)
- Clothes to sleep in (1 warm and 1 lightweight)
- Sturdy footwear that is secure to the foot to wear around camp (sneakers/tennis shoes/trainers, some chacos<sup>®</sup>, and Keens<sup>®</sup>, and the like can be good options also)
  - At least one pair of closed toed shoes
- Shoes to wear in the shower (flip flops or crocs<sup>®</sup> or the like)
- Hat (for sun protection)

## Toiletries

- Bath towel
- Mesh bag to keep shower supplies in (or something that can easily be carried to shower house, hung on a hook in the shower stall, and allows water to drain out of it)
- Shower supplies (soap, hair care supplies, lotion, etc.)
- Oral Health Care Items (toothbrush, toothpaste, etc.)

## Bedding

- Sleeping bag rated to at least 40 degrees Fahrenheit (slumber bags are not sufficiently warm for camp)
  - Alternatively, you can make a bed roll with sheets and warm blankets to fit a twin sized bed (if using a bed roll, make sure the camper knows how to pack and reroll it)

- Pillow and case
- Twin sized sheet to cover the camp mattress
- Extra blanket

## Gear

- Beach towel
- Laundry bag (for dirty clothes - there is NO laundry service)
- Flashlight and extra batteries (it can be helpful to load the batteries in the flashlight backwards (positive where negative should go) so that the flashlight cannot turn on in the bag and waste the battery power during transit to camp)
- Small backpack to carry around camp
- 2 reusable water bottles.
- Sunscreen and bug repellent (please make sure to sign the waivers in the health profile section of CampDoc. Please also refrain from bringing aerosol sprays to camp)
- Mess kit for cookouts (unbreakable plate, bowl, fork, knife, and spoon)

## Optional Extras

- Stationary, writing utensils, and pre-addressed and stamped envelopes
- Books
- Quiet activity items (journal, deck of cards, etc.)
- Camera that you do not mind being exposed to camp conditions (it may get rained on, muddy, or left behind)

## Please leave the following at home

- Technology: Phones, ipads, ereaders, etc

\*If you need help securing any supplies please connect with Katrina at [kdearden@eagleisland.org](mailto:kdearden@eagleisland.org)