



# Packing List for Campers and Parents

## ---Day Hike Supplies---

- Day pack (i.e. school book bag)
- Canteen or water bottle
- Pencil

## ---Clothing---

- Underwear, 1 pair per day
- Socks, 1 pair per day plus 2 extras
- pajamas
- Jeans or other long pants
- Shirts, long and/or short sleeved
- Heavy sweater or sweatshirt
- Warm jacket, hat and gloves (depending on the weather)
- Shoes suitable for hiking (no flip flops or new shoes or boots)
- Rain coat or poncho (for all seasons)
- Warm weather clothing (i.e. shorts)
- Sunhat (depending on the weather)
- Shoes suitable for hiking (no flip flops or brand new shoes or boots)
- Rain coat or poncho (for all seasons)
- Warm weather clothing (i.e. shorts)
- Sunhat

## ---Optional Items---

- Shower flip-flops
- Hand lotion
- Insect repellent, if desired
- Sunglasses
- Laundry bag
- Musical instrument or camera
- Cold weather gear (gloves, etc.)

## ---More Optional Items---

- Book for your own time
- Flashlight

## ---Bedding---

- Sleeping bag (or sheets with 2-3 warm blankets)
- Extra blankets depending on the weather
- Pillow

## ---Toiletry Items ---

- 2-bath towels, hand towel
- Wash cloth
- Toothbrush & toothpaste
- Brush/comb
- Soap
- Shampoo
- Chap stick
- Sunscreen



## ---Suggested Clothing---

**Make sure all clothing is comfortable and can get dirty!**

*The weather can be unpredictable during all seasons at the retreat center. Bring warm, comfortable clothing appropriate for participation in outdoor activities.*