

Camp Packing List

Category	Item	✓	Notes
Clothing	4 t-shirt/long sleeve tops	<input type="checkbox"/>	no crop tops, spaghetti straps, or inappropriate logos/designs
	4 pairs of durable pants/jeans	<input type="checkbox"/>	suitable for outdoor activities
	1 fleece jacket or hoodie	<input type="checkbox"/>	for cooler evenings, no inappropriate logos/designs
	1 rain jacket or poncho	<input type="checkbox"/>	snow/rain is possible
	1 pair of pajamas	<input type="checkbox"/>	nights are very cold up north
	1 professional outfit	<input type="checkbox"/>	e.g., slacks/skirt with a button-down shirt/blouse, or a dress
	4-5 pairs of socks	<input type="checkbox"/>	comfortable for a range of activities
	4-5 sets of undergarments	<input type="checkbox"/>	comfortable for a range of activities
	1 outfit okay for getting wet when kayaking or canoeing	<input type="checkbox"/>	Most students bring yoga pants/sweatpants, crocs, and a long sleeve shirt or rash guard (no bikinis, must cover body)
Footwear	1 pair of sturdy, closed-toe hiking shoes	<input type="checkbox"/>	As needed
	1 pair of casual sneakers (required)	<input type="checkbox"/>	Please bring shoes you are okay with getting dirty; must cover whole foot securely; (no slides or backless shoes or sandals)
	1 pair of flip-flops or shower sandals	<input type="checkbox"/>	For use in the cabin showers/bathrooms; not to be worn around camp
Bedding	Sleeping Bag or Twin sized bedding	<input type="checkbox"/>	Required; camp beds do not have bedding; if you fail to bring this, you will be sent home.
	Pillow	<input type="checkbox"/>	Please bring only one if possible
	Eye cover or earplugs	<input type="checkbox"/>	Optional; please consider what you need to sleep in a shared cabin

Category	Item	<input checked="" type="checkbox"/>	Notes
Toiletries	Toothbrush + toothpaste	<input type="checkbox"/>	Please don't share these items at camp
	Shampoo, conditioner, and body wash	<input type="checkbox"/>	Travel size recommended
	Deodorant	<input type="checkbox"/>	no body sprays or perfumes allowed in shared spaces due to allergy concerns, do not bring these to camp
	Hairbrush or comb	<input type="checkbox"/>	As needed
	Towel	<input type="checkbox"/>	Camp does not supply towels; please plan accordingly; keep your towel clean/dry
	Flip-flops or shower shoes	<input type="checkbox"/>	As needed
	Feminine hygiene products	<input type="checkbox"/>	Camp has limited supply; please plan accordingly
Gear and Accessories	1 daypack/backpack	<input type="checkbox"/>	Required
	1 reusable water bottle	<input type="checkbox"/>	Required
	1 hat or cap	<input type="checkbox"/>	Recommended due to long periods outside
	Sunglasses	<input type="checkbox"/>	Recommended due to long periods outside
	Sunscreen	<input type="checkbox"/>	Recommended due to long periods outside
	Insect repellent	<input type="checkbox"/>	Recommended due to long periods outside
	Flashlight or headlamp	<input type="checkbox"/>	Recommended
Other	Notebook, pen/pencil, journal	<input type="checkbox"/>	As needed
	Personal medications	<input type="checkbox"/>	Please bring only if needed; consult with camp leaders in advance; please bring clearly labeled & properly stored in the original pill bottles.
	Phone and charger	<input type="checkbox"/>	Phone use is permitted in specific workshops and cabins only
	Plastic bag(s) or trash bag(s)	<input type="checkbox"/>	Generally used by campers as "dirty clothes storage"

Reminders

General Camp Guidelines

1. Pack Smart: Stick to the essentials on the list & label all belongings. Space in the cabins may be limited. Avoid bringing valuables like jewelry or expensive electronics!
2. Respect Camp Rules: Follow all safety guidelines for all activities or your participation will be suspended.
3. Dress Appropriately: Wear comfortable, activity-appropriate clothing and sturdy shoes each day (if you show up to camp with inappropriate clothing or lack of warm clothing, we will have no choice but to send you home)
4. Stay Hydrated: Carry your water bottle everywhere and refill it frequently.
5. Be Prepared for Weather: Pack for varying conditions (snow, rain, cooler evenings).

Activity-Specific Reminders

1. Listen to Instructions: Pay attention during safety briefings, especially for activities like axe-throwing and archery.
2. Challenge Yourself: Try something new, but stay within your comfort zone.

Behavior Expectations

1. Be Respectful: Treat fellow students, counselors, and staff with kindness and consideration.
2. Shared Spaces: Keep common areas (bathrooms, bunk rooms) clean and tidy.
3. Device Use: Limit phone use to free time if devices are allowed so you stay engaged.

Health and Safety

1. Medication: If you take medication, ensure it is packed and labeled. Please inform camp staff of any health concerns beforehand.
2. Allergies: Inform camp organizers of any food or environmental allergies.

For the Business Pitch

1. Practice Your Pitch: Bring any necessary notes or materials prepared ahead of time. Understand all camp participants will be required to participate in the pitch competition.
2. Look Sharp: Keep your business outfit wrinkle-free and ready to wear.

Encouragement

1. Be Open-Minded: Try to connect with new people and embrace the experience.
2. Have Fun: This is a chance to learn, innovate, and enjoy the great outdoors!