

# Gaar Mountain Running Camp

## Suggested Packing Checklist

Please label your items - we will not send back lost/found items

- Water bottle with your name on it
- Socks (lots!)
- Running shoes
- Play/daily wear shoes
- Towels (shower and beach)
- Play/daily wear clothes (include sweats/long pants - can get chilly)
- Swimsuits
- Toiletries (soap/shampoo/toothpaste/deodorant, etc.) in a carrying case
- Shower shoes/flip flops
- Flashlight (w/batteries)
- Snacks in sealed containers (no refrigerated items)
- Bedding/pillow (twin sheets/blanket or sleeping bag)
- Fan (there's no a/c)
- Running clothes
- Laundry bag for dirty clothes
- Hat
- Sunscreen
- Bug spray
- Umbrella/rain poncho
- Yoga/Stretch mat (not required but helpful)
- Money for store (\$20-\$30 recommended) for ice cream, drinks, snacks if desired
- Theme Stuff - Theme is announced before camp starts!
- Costumes/Dress Up Items

### DO NOT BRING

- Fireworks, Matches or Lighters
- Knives/Firearms/Weapons
- TVs and Video Game Systems
- Alcohol/Tobacco/Vape Products
- Items of value you are afraid to lose or damage

**Cell Phones** - We encourage cell phones to be left at home during camp week. We view camp as a great opportunity to unplug, especially since most major carriers do not have active service on Camp Varsity's property. We want our campers engaged with each other and our staff, present in the moments and memories being formed at camp. Should your camper bring a cell phone our counselors will collect and hold any cell phones brought to camp in their cabins. Campers will be given an opportunity each night to take their phones with counselors up to the cattle guard for service to make calls or check messages. Parents can contact Denver Davis directly during the week via cell phone if they need to contact their camper(s).