



# EXPLORERS (AGE 8-14)

## What to Pack List

### REQUIRED:

- One week's worth of camp clothes – T-shirts, tank tops (not spaghetti strap or halter), and shorts that you don't mind getting dirty (Have 2-3 EXTRA changes of clothes, including extra underwear, socks.)
- Long pants/jeans (**\*required\* for ropes course**)
- **Closed-toe shoes/sneakers/socks** – your shoes will get dirty, so don't bring your best pair to wear every day
- Rain gear
- Light jacket or sweatshirt
- Skirt, dress, or nice shirt for Thursday night dance
- Sleepwear
- Swimsuits must be modest and designed for water activities. For boys, swim trunks or board shorts are appropriate. Tight-fitting swim briefs or swim bottoms that allow exposure are not allowed. For girls, modest tankinis or one-piece swimsuits are appropriate. Bikinis or two-piece suits with tie closures are not allowed.
- **Towels/washcloths and beach towel**
- **Bedding (twin-sized sheets, comforter, pillows) for sleeping in the cabin**
- **Sleeping bag (all campers at main camp will sleep under the stars one night during camp week)**
- Toiletries (toothpaste, toothbrush, soap, shampoo, brush/comb)
- Sunscreen
- Prescribed medications *in their original labeled container*. It is an American Camp Association (ACA) requirement that any prescribed medication to be dispensed at camp by the nurse can **\*only\*** be dispensed **\*if\*** it is in the original container. Same thing with over-the-counter medications.

### RECOMMENDED:

- Insect repellent (stick or lotion preferred) **For mosquito protection, the Centers for Disease Control and Prevention recommends that insect repellent be one with DEET, picaridin, oil of lemon eucalyptus, or IR3535.**
- **Water shoes** – must have an ankle strap to keep secure on the foot (for creek stumps)
- **Shower shoes** (flip-flops)
- Flashlight
- Camera (inexpensive/disposable are great) – make sure you put your name on it with a black permanent marker
- Camp store money (if you wish to purchase something before you leave camp on Friday)

### \*NOT\* ALLOWED AT CAMP:

- Food, soda or candy (**prohibited in cabins, as they attract bugs/rodents**)
- Electronic devices – **NO cell phones**, radios, cd players, tablets, kindles, or other smart devices
- Knives, or weapons of any kind
- Cash, checks, or credit cards (except store money, which should be given to the adult who registers the youth)

### PLEASE NOTE

We are not responsible for lost or stolen items (this includes campers' jewelry, glasses, hearing aids, and cochlear implants). If it's expensive, please don't bring it to camp.