

Family Camp Packing List

For “Adult & Me Overnight” and “Horsing Around Adult & Me” Camp Sessions

Use our packing lists as general suggestions of what to pack. The lists will help make sure you and/or your camper has everything they need for a safe and fun camp experience. Remember that camp is rustic—think dirt, dust, and humidity—so, clothes and shoes get dirty. **We do not have laundry facilities available for camper use, so pack enough for the entire stay.** If you have any questions about packing for camp, please contact Girl Scouts River Valleys.

As you pack, **label everything** with your camper’s first and last name.

Clothing

- ☐ Underwear (enough for each day and at least one extra)
- ☐ Socks (enough for each day and at least one extra)
- ☐ T-shirts or tops (one for each day)
- ☐ Two sweatshirts or warm tops
- ☐ Shorts
- ☐ Long pants (jeans, yoga pants, sweatpants, etc.)
- ☐ Rain jacket, raincoat, or waterproof poncho
- ☐ Swimwear/swimsuit
- ☐ Sleepwear or pajamas (one pair)
- ☐ Sturdy walking shoes with cushion and support that do not expose toes or heels

Equipment

- ☐ Backpack or over-the shoulder(s) bag for carrying items around camp
- ☐ Sleeping bag or twin-sized sheets and blankets
- ☐ Pillow and pillowcase
- ☐ Re-fillable water bottle

Bathroom Items

- ☐ Medications, if applicable

- ***Please Note:*** Adults/caregivers should keep medications in a secure location and are responsible for giving out any medications to their child(ren). Camp staff can provide basic over-the-counter medications if needed.

- ☐ Deodorant
- ☐ Bug spray/insect repellent
- ☐ Menstruation products (pads, tampons, etc.)
- ☐ Lip moisturizer, balm, Chapstick, etc.
- ☐ Shampoo, conditioner, soap, or body wash for showers
- ☐ Towels for swimming and showers
- ☐ Washcloth and hand towel
- ☐ Toothpaste and toothbrush
- ☐ Hairbrush or comb
- ☐ Sunscreen (SPF 15 or higher)
- ☐ Hat, beanie, bandana, or other preferred head covering
- ☐ Flashlight with charger or extra batteries
- ☐ Slip-on shoes or flip-flops for showers

Optional Items

- ☐ Sunglasses
- ☐ Facial tissues
- ☐ Other lotion or moisturizer
- ☐ Lip moisturizer, balm, Chapstick, etc.
- ☐ Other bathroom items as needed (extra contacts, contact solution, glasses, etc.)
- ☐ Stuffed animal or another comfort item
- ☐ Camera that is not connected to a mobile device/cell phone
- ☐ Books to read
- ☐ Notebook/journal and pencil/pen
- ☐ Stationery or postcards and stamps (Remember to have addresses for people you want to write to.)

- ☐ Money for the Camp Store (pack separately to hand in at check in)
 - ***Please Note:*** The Camp Store accepts Cookie Credits and Juliette Program Credits.
- ☐ Something to tie-dye.
 - ***Please Note:*** Only some camp sessions include tie-dye activities. T-shirts can be purchased at the Camp Store, or campers can also bring a white clothing item from home to tie-dye.

Additional Items Required for “Horsing Around Adult & Me”

- ☐ Rain jacket or raincoat (no waterproof ponchos)
- ☐ Extra pair of long pants for riding.
 - ***Please Note:*** Thick materials like denim jeans work best—NO sweatpants or soft, thin, or velvety pants.
- ☐ *Boots or sturdy tennis shoes for riding.
 - ***Please Note:*** Cowboy boots work best. Make sure your boots have a one-inch heel, but no more than two inches—NOT allowed for riding: “Ugg”-style boots, rain boots, “Converse”-style shoes, dress boots, and any type of sandals.)

****We have a limited selection of boots to loan to campers if they do not have their own. New boot donations for use at camp are always welcome. Please contact Girl Scouts River Valleys if you have extra riding boots.***

Items NOT to Bring to Camp

- ⊗ Weapons
- ⊗ Pets
- ⊗ Tobacco
- ⊗ Alcohol
- ⊗ Personal sports equipment (unless approved by the Camp Director)
- ⊗ Electronic devices*

*Adults may have cell phones, but we ask that you do not use them during activities.