

Ultimate Teen Overnight Camp Packing List

For “Ultimate Teen Overnight” 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: Pack medications separately to hand in during check in. Visit Camp.GirlScoutsRV.org/Packing-Lists for medication packing instructions and more information.*
- 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.*

Items NOT to Bring to Camp

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

*Cell phones, iPods, tablets, and game devices will be confiscated if brought to camp and will be kept in the camp office until departure. eReaders, such as Nooks and Kindles, may be brought for reading, but they will be confiscated if seen being used for playing games or using the internet.