



## **Full Week Overnight Camp Packing List**

One suitcase or duffel bag, a sleeping bag, and a day backpack are sufficient for packing for a week of camp. Space is limited in the cabins, please do not over pack. **CLEARLY MARK EVERYTHING WITH YOUR CAMPER'S NAME or INITIALS!**

We suggest that you send old clothes and towels with your camper. Some items may be lost or damaged. Please remember that we are in the heart of the Rocky Mountains and our weather can be unpredictable! Our temperatures usually reach 75 to 85 degrees in the daytime and drop to 35- 48 at night. Our summers offer beautiful, sunny days with occasional afternoon showers and cool, crisp evenings and nights. This list has been created with your child's comfort and preparedness in mind. Those items listed as essential must be brought to camp.

### **Do Not Bring These Items to Camp!**

\*Electronics (more below) \*alcohol \*tobacco \*drugs \*knives or weapons \*expensive items \*money \*revealing clothing \*food/candy/gum \*soda/juice \*snacks

**We strive to provide children with a unique outdoor experience.** Please help support us in this mission by **not allowing** campers to bring cell phones, MP3 players, iPods, iPads, e-readers or electronic games as they detract from the experience. **We will confiscate them if they are brought.**

We realize in this age of instant connectivity that it may be uncomfortable if your child does not have their cell phone with them. We ask that if you need to contact your child to please call the camp director (855-426-6587) and we will arrange for that conversation to take place. We strive to have the kids disconnect electronically so they can not only reconnect with nature but also with themselves and each other. Check out this Ted Talk on the value of disconnecting while at camp: <http://www.youtube.com/watch?v=4rI3oIRHxP4>

We have an emergency solar shower at camp in case students need to shower during their 4 nights with us. Students will be swimming everyday and have the chance to "rinse off" in nature.

Our camp fees include all meals and daily snacks. Please do not send your child with food as it will attract animals (like bears and mice!) to their belongings.

\*BookTrails Camp is not responsible for lost or damaged items.

Please check-out our website at [mybooktrails.org](http://mybooktrails.org) for a list of Frequently Asked Questions about camp.

## Full Week Overnight Camp Packing List Cont.

### Essential Items:

Sleeping bag—warm with a rating of 15-20 degrees; filled with synthetic fibers or down, cotton is not advised. Pad is not necessary as campers will sleep on cots, but can be brought if preferred and they provide warmth/insulation. Please pack a pillow, travel size is fine!

### Day pack (book/school pack size) with the following items in it:

- 2 water bottles (round with screw top lids that don't leak-Nalgene brand is best) If you child brings a camelbak, please also have them pack a regular bottle.
- rain gear (coat/pants combination)
- water shoes—cannot be flip flops and need to have a strap. Keens, tevas, chacos, old tennis shoes, aqua socks, are recommended.
- medium weight jacket (warm-long sleeved fleece works best)
- sunscreen
- insect repellent (non-aerosol if possible)
- lip balm with SPF
- baseball cap or bandana
- sunglasses with UV protection

### Duffle or other bag:

- 4 t-shirts
- 1 pair of sweatpants
- 1 sweatshirts or sweaters
- 3 socks-cotton; 1 pair wool socks
- 2 pairs of jeans or long pants
- 2 pairs of shorts (no short shorts due to walking in long grasses)
- 1 set of pajamas/appropriate sleeping attire
- 1 swimsuit
- 1 set long underwear (polypropylene-not cotton)
- 6 pairs of underwear
- 2 bath towels (one for beach, one for bathing) / 1 wash cloth
- 1 pair water shoes
- flashlight with extra batteries
- hiking boots or sturdy tennis shoes
- laundry or garbage bag (for dirty clothes)
- Toiletry Kit
- toothbrush/paste
- deodorant soap/shampoo/conditioner comb or brush

### Optional Items:

- bedding: pillow/linens (most campers sleep in their sleeping bags)
- extra blanket for warmth
- camera, books, games
- Crazy Creek (it's a chair) or camp chair
- Drum, harmonica, or other small, inexpensive instruments
- Pocket knife— will only be used under supervision and child should understand how to use it safely
- A costume or dress-up clothes for costume night