

## SUGGESTED PACKING LIST—1 WEEK SESSION

\*\*\*\*\* All items must be clearly marked with the camper's name \*\*\*\*\*

### PAPERWORK

- \_\_\_\_\_ Health forms 1 & 2, entirely complete, with current year doctor's signature.
- \_\_\_\_\_ Copy of Insurance card
- \_\_\_\_\_ Horseback riding permission form

### CLOTHING

- \_\_\_\_\_ Shorts – enough for 7 days (no laundry service for 1 week)
- \_\_\_\_\_ Shirts – enough for 7 days (no laundry service for 1 week)
- \_\_\_\_\_ 1 pair of white shorts (for camp uniform)
- \_\_\_\_\_ 1 CJL t-shirt (available in the Trading Post)
- \_\_\_\_\_ 2 pairs of jeans or rugged pants (required for Horseback and Ropes Course classes)
- \_\_\_\_\_ 1 Raincoat with hat or hood or Poncho
- \_\_\_\_\_ 1-2 Sweatshirts or jackets
- \_\_\_\_\_ Underwear – daily change
- \_\_\_\_\_ Pajamas and bathrobe
- \_\_\_\_\_ 2 bathing suits (one older-- to wear at swimming hole or on water hike)

### FOOTWEAR

- \_\_\_\_\_ Tennis shoes (no sandals or open-toe or open-back shoes)
- \_\_\_\_\_ Sturdy shoes/boots (with 1" heel and smooth sole, if taking Horseback)
- \_\_\_\_\_ Old shoes to wear to swimming pool
- \_\_\_\_\_ Flip-flops or water shoes (to be used in shower)
- \_\_\_\_\_ Daily change of socks (socks are required at CJL)

### TOILETRIES

- \_\_\_\_\_ Any prescription medications (in blister packs) your daughter may be taking (to be left with the nurse)
- \_\_\_\_\_ Sunscreen and sun hat (cream, lotion or pump spray)
- \_\_\_\_\_ Soap and soap dish
- \_\_\_\_\_ Shampoo/conditioner
- \_\_\_\_\_ Toothbrush and toothpaste
- \_\_\_\_\_ Hairbrush/comb
- \_\_\_\_\_ Mirror (optional)
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Pail or bucket for shower items
- \_\_\_\_\_ Non-aerosol bug repellent

### SUPPLIES

- \_\_\_\_\_ Twin size (or smaller) mattress cover (optional, but recommended)
- \_\_\_\_\_ Plastic cover for bed (required) – 3 yds. x 1 ½ yds. or plastic tablecloth (108" x 54")
- \_\_\_\_\_ Laundry bag
- \_\_\_\_\_ Pillow/ 2 pillowcases
- \_\_\_\_\_ 2 Sets of twin sheets
- \_\_\_\_\_ 2-3 Blankets
- \_\_\_\_\_ 2-3 Towels (for shower) and washcloths
- \_\_\_\_\_ Unbreakable cup (for cookout)
- \_\_\_\_\_ Water bottle (to take to classes)
- \_\_\_\_\_ Letter writing materials (in zip lock bag)
- \_\_\_\_\_ Good flashlight with fresh batteries
- \_\_\_\_\_ 2 Pool Towels

### DESIRABLE EXTRAS:

- Rain shoes or rain boots
- Costumes
- Tennis racquet and balls

Musical Instruments

Backpack or small tote bag

Ball equipment

Books

Camera (disposable or digital)

Extra batteries for flashlight

Small bedside rug

Small, LED lantern

## PACKING TIPS AND IDEAS

Because campers live out of their trunks for the time that they are with us, packing well and being organized (or at least starting off that way!) really help to make a camper's stay more enjoyable.

- **LABELS:** ALL ITEMS SHOULD BE CLEARLY MARKED WITH THE CAMPER'S NAME!
- **TRUNKS:** Pack your daughters' clothes in a traditional footlocker or Rubbermaid trunk rather than a suitcase (if possible). We do not have facilities for storing clothing and the girls live out of their trunks. Trunks help keep out moisture and make clothes easy to access.
- **OLD CLOTHES:** Please do not send your daughter's best shorts, shirts or jeans—clothes may get dirty and worn.
- **ZIP LOCK BAGS:** Use large, 1 or 2 gallon zip lock bags to pack an outfit for each day (1 bag = shirt, shorts, underwear and socks). This is a good idea particularly for the younger girls who seem to want to change clothes several times a day. TIP: Pack one zip lock bag with 2 or 3 extra shirts and shorts, and one with some extra socks and underwear. Save the bags to reuse next year!
- **SHOES:** Tennis shoes or other sturdy, lace-up shoes with closed toes and closed backs are necessary to protect against twisted ankles and stumped toes. Campers are also required to wear socks to prevent blisters. Flip-flops are only allowed inside the unit for use in the showers; they are not suitable for wearing around camp. TIP: Old, slip-on runners are great for wearing to the pool each afternoon. Boots for horseback riding should have a 1" heel and a smooth sole. The barn has about 20 pairs of riding boots that campers can borrow.
- **FLASHLIGHTS:** A good, working flashlight with fresh batteries is an absolute necessity—and don't forget a supply of extra batteries! TIP: It never hurts to have a back-up flashlight! Small, LED flashlights that can fit in your pocket are easy to carry around during evening activities. Many girls bring small, battery-operated lanterns to light their tents at night.
- **BED PLASTIC:** A piece of plastic (approximately 3 yards x 1 ½ yards) will be used to cover a camper's bed to protect the bed and blankets from moisture or rain. TIP: If the plastic is too thick or too thin, it can be hard to tuck in. Plastic, felt-backed tablecloths (108" x 54") are easy to tuck in and come in fun colors and designs. Plastic mattress covers work well too.
- **SHOWER BUCKET:** A small plastic shower bucket will be helpful for carrying shampoo and other items back and forth to the shower. TIP: Make sure the bucket has holes in the bottom to let the water drain.
- **CHECK THE WEATHER and pack accordingly!** If the forecast calls for rain or cool weather, pack rain boots, extra socks, sweatshirts, towels, blankets, etc.

## THINGS TO LEAVE AT HOME

- **Cell phones and walkie-talkies are not permitted at camp under any circumstance.** If a camper does arrive with either of these items, they will be held in the office safe until she leaves.
- We ask that you please check your child's belongings for any illegal items, such as drugs, alcohol or tobacco products. If any of these items are found, you will be contacted and your daughter will be sent home immediately.
- We strongly advise against bringing valuable items to camp, such as expensive watches and jewelry, money, iPads, iPods, Kindles, Nooks, laptops, and other electronic devices. We cannot assume responsibility for lost items, although a diligent effort will be made to help campers keep track of their belongings. Please note there is no electricity in the tents, and therefore, no way to re-charge electronics.
- If campers wish to use electronic devices to listen to music, earphones should be used and wireless speakers should be kept at a low volume to preserve the peace and quiet of the natural setting. Cell phones are not allowed for the purpose of listening to music. Please note there is no way for campers to re-charge electronics.