

## SUGGESTED PACKING LIST - 1 WEEK SESSION

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

### CLOTHING:

- \_\_\_\_\_ 7-10 T-Shirts – daily change, plus extras (no laundry service for 1 week)
- \_\_\_\_\_ 7-10 Shorts – daily change, plus extras
- \_\_\_\_\_ 1 Pair of White Shorts (for camp uniform)
- \_\_\_\_\_ 1 CJL Green Uniform Shirt (available for pre-order)
- \_\_\_\_\_ 2 Pairs of Jeans or Rugged Pants (required for Horseback class)
- \_\_\_\_\_ 1-2 Pairs of Leggings, Activewear Leggings, or Comfy Pants
- \_\_\_\_\_ 1 Raincoat (with hood) or Poncho
- \_\_\_\_\_ 1-2 Sweatshirts, Fleece Tops, or Jackets
- \_\_\_\_\_ Underwear – daily change, plus extras
- \_\_\_\_\_ Socks – daily change, plus extras (socks are required at CJL)
- \_\_\_\_\_ 2-3 Sets of Pajamas
- \_\_\_\_\_ 1 Bathrobe (to wear to and from the showers)
- \_\_\_\_\_ 2 Bathing Suits (one older to wear at the swimming hole or on water hikes)

### FOOTWEAR:

- \_\_\_\_\_ Sneakers (no sandals or open-toe or open-back shoes)
- \_\_\_\_\_ Sturdy Running Shoes (or lightweight hiking boots, if you prefer)
- \_\_\_\_\_ Old Shoes (to wear to swimming pool or on water hikes)
- \_\_\_\_\_ Flip-Flops or Water Shoes (to be used in shower)
- \_\_\_\_\_ If taking Horseback – Boots with 1" Heel and Smooth Sole

### TOILETRIES:

- \_\_\_\_\_ Medication in Zippered Bag with Medication Instruction Form (if applicable)
- \_\_\_\_\_ Sunscreen (cream, lotion, or pump spray)
- \_\_\_\_\_ Soap with Soap Dish or Bodywash
- \_\_\_\_\_ Shampoo/Conditioner
- \_\_\_\_\_ Toothbrush and Toothpaste
- \_\_\_\_\_ Hairbrush/Comb
- \_\_\_\_\_ Hand Sanitizer for Personal Use in Tent
- \_\_\_\_\_ Mirror
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Pail or Bucket for Shower Items
- \_\_\_\_\_ Non-Aerosol Bug Repellent
- \_\_\_\_\_ Masks (in case of exposure)

### SUPPLIES:

- \_\_\_\_\_ Twin Size Mattress Pad (optional, but recommended for comfort)
- \_\_\_\_\_ Waterproof Bed Covering (to go over bedding – approximately 9'x5')
- \_\_\_\_\_ Pillow with 2 Pillowcases
- \_\_\_\_\_ 2 Sets of Twin Sheets
- \_\_\_\_\_ 2-3 Blankets
- \_\_\_\_\_ 2-3 Showers Towels and Washcloths
- \_\_\_\_\_ 2 Pool Towers
- \_\_\_\_\_ Water Bottle
- \_\_\_\_\_ Lightweight Folding Chair
- \_\_\_\_\_ Letter Writing Material (in zippered bag)
- \_\_\_\_\_ 1-2 Flashlights with Fresh Batteries
- \_\_\_\_\_ Laundry Bag (mesh or breathable fabric)

### DESIRABLE/OPTIONAL EXTRAS:

- \_\_\_\_\_ Rain Shoes or Rain Boots
- \_\_\_\_\_ Personal Tennis Racquet/Balls
- \_\_\_\_\_ Lightweight Backpack
- \_\_\_\_\_ Books
- \_\_\_\_\_ Costumes
- \_\_\_\_\_ Musical Instruments
- \_\_\_\_\_ Battery-Operated Fan
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Extra Batteries
- \_\_\_\_\_ Small Bedside Rug
- \_\_\_\_\_ Small LED Lantern
- \_\_\_\_\_ Hat/Baseball Cap
- \_\_\_\_\_ Tray or Container to Organize Items on Shelf
- \_\_\_\_\_ Personal Hammock

## 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 footlocker/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 the campers from having to deal with an unwieldy suitcase several times a day. It is not necessary for your daughter's trunk to fit under her bed, but if you'd like it to, it should be less than 15" high.

**OLD CLOTHES:** Please do not send your daughter's best shorts, shirts or jeans—clothes may get dirty and worn. The same goes for towels and linens!

**ZIPPERED BAGS:** Use large 1- or 2-gallon zippered 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 zippered 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 and any injury from sticks, etc. Flip-flops are only allowed for use in the showers; they are not suitable for wearing around camp. 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. **TIP:** Old, slip-on runners are great for wearing to the pool each afternoon.

**FLASHLIGHTS:** A good working flashlight with fresh batteries is an absolute necessity—and don't forget a supply of extra batteries! Many girls also bring small, battery-operated lanterns to light their tents at night. **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. Flashlights often end up in the lost-and-found, so make sure they are labeled with your name!

**WATERPROOF BED COVER:** A piece of plastic or vinyl (approximately 9' x 5') will be used to cover a camper's bedding to protect the bed and blankets from moisture or rain. Campers coming for 2 weeks will need an additional piece of plastic or vinyl for the overnight (9'x5'). **TIP:** Fitted vinyl mattress protectors or vinyl, felt-backed, rectangular tablecloths are great for bed plastic because they are easy to tuck in. For the overnight, plastic drop cloths and tarps work best.

**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.

**BACKPACK or TOTE:** These are helpful for taking water bottles, pool towels, or riding boots to morning classes, and for carrying personal items on the overnight.

**CHECK THE WEATHER** and pack accordingly! If the forecast calls for rain or cool weather, pack rain boots, extra socks, sweatshirts, towels, blankets, leggings, warm PJs, 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 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, vapor products, e-cigarettes 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.