

SUGGESTED PACKING LIST—2 WEEK SESSION

***** All items should 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:

- _____ Shirts – daily change plus extras --OR-- enough for 8 days if using laundry service
- _____ Shorts – daily change plus extras --OR-- enough for 8 days if using laundry service
- _____ 2 pairs of White Shorts (for camp uniform)
- _____ 1 CJL Green Uniform T-shirt (available at the Trading Post)
- _____ 2-3 pairs of Jeans or Rugged Pants (required for Horseback and Ropes Course classes)
- _____ 1-2 pairs of Leggings, Activewear Leggings, or Comfy Pants
- _____ 1 Raincoat (with hood) or Poncho (check the weather forecast!)
- _____ 2-3 Sweatshirts, Fleece Tops, or Jackets
- _____ Underwear – daily change, plus extras
- _____ Socks – daily change, plus extras (socks are required at CJL)
- _____ 3-4 sets of Pajamas
- _____ 1 Bathrobe – to wear to the showers
- _____ 2-3 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 running shoes (or lightweight hiking boots, if you prefer)
- _____ Old shoes to wear to swimming pool or on water hikes (optional)
- _____ Flip-flops or water shoes (to be used in shower)
- _____ If taking Horseback—boots with 1" heel and smooth sole (campers can also borrow riding boots at the barn)

TOILETRIES:

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

SUPPLIES:

- _____ Twin size mattress pad (optional, but recommended for comfort)
- _____ Waterproof bed cover to go *over* bedding—approx. 9'x5' (required)
- _____ Waterproof ground cover (heavy weight) or tarp for overnight—approx . 9'x5'
- _____ Pillow/ 2 pillowcases
- _____ 2 Sets of twin sheets
- _____ 2-3 Blankets
- _____ Sleeping bag (for overnight)
- _____ 3-4 Towels (for shower) and washcloths
- _____ 2 Pool Towels
- _____ Unbreakable cup (for cookout)
- _____ Water bottle (to take to classes)
- _____ Letter writing materials (in zip lock bag)
- _____ 1-2 Good Flashlights with fresh batteries
- _____ Laundry bag (mesh or breathable fabric)

DESIRABLE / OPTIONAL EXTRAS:

- Rain shoes or rain boots (check the weather!)
- Tennis racquet/balls (if you want to use your own)
- Lightweight backpack or small tote bag
- Books
- Costumes, Musical Instruments
- Camping Hammock—*optional, if you already have one*
- Camera (disposable or digital)
- Extra batteries for flashlight
- Small bedside rug
- Small LED lantern, battery-operated fan
- Hat/baseball cap
- Tray or container to organize items on shelf

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 YOUR 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. The same goes for towels and linens!
- **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 stubbed 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. 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 and for water hikes.
- **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 are often left behind, so make sure they are labeled with your name!
- **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 covering 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.
- **LAUNDRY:** During 2-week sessions, campers can submit clothing (including socks, jeans, sweatshirts, towels, etc—but not sheets) to be laundered for a flat fee. Please make sure these items are labeled with your camper's name.
- **OVERNIGHT:** Two-week campers will go on an overnight with their unit. Older units *sometimes* use camping hammocks (like "Enos") on the overnight, so if you already have one, you may bring it. If not, we have some to borrow.
- **BACKPACK or TOTE:** 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 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, 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 or photography. Please note there is no way for campers to re-charge electronics.