

Packing List for Parent-Daughter Weekend

Sack supper for Friday night (or plan to eat on the way)

Bedding:

- Twin size padded mattress cover and/or fitted sheet (for comfort—to cover the plastic-coated mattress)
- **Warm** sleeping bag, or sheets and several warm blankets (Slumber party bags intended for indoor use will not be warm enough—you will need one or two additional blankets.) **It will be cold at night!**
- Pillow

Clothes:

- 2-3 changes of clothes (We recommend dressing in layers. Shorts may be most comfortable in the heat of the day and long pants/long sleeves at night and in the early morning.)
- Jacket and/or sweatshirt
- 3 pairs of socks and underwear
- **Warm PJs or sweats to sleep in**
- Swimsuit (You may also want old tennis shoes or water shoes for wading in the swimming hole.)
- **Raincoat or poncho with hood or hat**
- Good shoes for walking, such as sturdy tennis shoes; flips-flops or slip-on shoes to wear around the unit (optional). **(Bring extra shoes or rain boots in case of rain.)**

Toiletries:

- Towels and wash cloths
- Toothbrush & toothpaste; other toiletries as needed (If you wear contact lenses, you may want to bring a small, unbreakable mirror.)
- Shampoo and soap (A waterproof container to help carry these items to the showers may be handy—a shower bucket, or even just a small ziplock bag.)

Other:

- Flashlight with good batteries. If you already have one, a battery-operated camping lantern works great to light your tent.
- Non-aerosol insect repellent and sun screen
- Plastic grocery bag for wet or dirty clothes
- Water bottle -- can be filled up in the unit. Some people like to also bring a plastic cup for drinking water in the unit. There are several water fountains around main camp.

Optional: camera, book, playing cards, camping chair, money/checkbook/CC for buying a t-shirt or treat at the Trading Post, a small backpack to carry your water bottle, rain jacket, etc. to classes.

Pack clothes and bedding in easy-to-carry bags. Wheeled bags don't work very well on our trails.

You are welcome to bring a cooler with snacks or drinks (no alcohol), but be sure containers are "critter-proof," or keep them in your car.