

# CAMP KAMAJI FOR GIRLS

## PACKING LIST – CLOTHING AND EQUIPMENT

This list is for your guidance only. We require no uniform – necessities can be selected from articles on hand or purchased as desired. PLEASE MARK EVERYTHING that is brought to camp (including underwear and socks) with camper's first and last names (not initials). Please do not over-pack. Please keep in mind that camp is a good place to wear out old clothes.

CLOTHING/EQUIPMENT MUST BE PACKED IN 2, AND ONLY 2, DUFFEL BAGS. **PLEASE - NO roller duffels (duffels with wheels)!** Also we do NOT accept trunks or footlockers. *Additionally, each camper needs to bring a "carry-on" sized duffel that will hold a sleeping bag, change of clothing and toiletries.*

### OUTERWEAR

- \_\_\_ 10 t-shirts #
- \_\_\_ 4 warm long sleeve shirts/sweatshirts #
- \_\_\_ 5 pair shorts
- \_\_\_ 4 pair blue jeans or sweatpants #
- \_\_\_ 1 poncho/coated nylon rain jacket (essential)
- \_\_\_ 1 warm jacket (polartec fleece is good)
- \_\_\_ 1 white shirt for special programs
- \_\_\_ 1 white shirt that can be stained with mud or colored dye!
- # A t-shirt, a long-sleeved shirt and sweatpants designed specifically for this summer can be purchased prior to camp, will be given to campers after they arrive.

### UNDERCLOTHES

- \_\_\_ 12 pair underwear
- \_\_\_ 4-5 bras/undershirts
- \_\_\_ 12 pair cotton socks
- \_\_\_ 2 pair of wool socks (optional: needed only for hiking trip)
- \_\_\_ 2-3 swimsuits

### NIGHTCLOTHES

- \_\_\_ 2 warm flannel PJs
- \_\_\_ 1 warm bathrobe

**SHOES ★★** Please do not 'compromise' footwear: think proper fit, comfort, support, lace-up, closed-toed, good tread

- \_\_\_ 2 pair lace up tennis shoes/running shoes
- \_\_\_ 1 pair slip-on, close-toed shoes such as moccasins or crew boat shoes (optional)
- \_\_\_ 1 pair rubber rain boots with boot sock leg warmers (optional)
- \_\_\_ 1 pair 'riding' shoes — do not have to be riding boots but **MUST** be comfortable, broken-in close-toed/-heeled shoes/boots with a heel that can grip riding stirrup ##
- \_\_\_ 1 pair of sturdy, hiking boots (optional: needed for hiking trip)
- \_\_\_ 1 pair water shoes for waterfront activities. Think Keens/ Texas that are sturdy and attach to the ankle.
- \_\_\_ 1 pair shower sandals (ONLY for use in showers)

### LINENS

- \_\_\_ 3 warm blankets
- \_\_\_ **2 sets** cot- or twin-sized sheets (30" - 36" wide)
- \_\_\_ 2 pillow cases
- \_\_\_ 3 bath towels (pack old family towels!!)
- \_\_\_ 2 beach towels
- \_\_\_ 2 face/wash cloths
- \_\_\_ 1 large laundry bag (with drawstring)
- \_\_\_ 3 mesh delicate's laundry bags (1 for underwear, 1 for socks and 1 for bras/swimsuits)
- \_\_\_ 1 pillow
- \_\_\_ stuffed animal/special blanket for bed (optional)

### TOILETRIES

- \_\_\_ toothbrush, toothbrush case & toothpaste
- \_\_\_ soap & soap container
- \_\_\_ nail clippers
- \_\_\_ shampoo (essential); hair conditioner (optional)
- \_\_\_ hairbrush
- \_\_\_ sunscreen – 30 SPF (necessity)
- \_\_\_ deodorant/antiperspirant
- \_\_\_ insect repellent (necessity) - recommend it contain 30% Deet After Bite (for mosquito bites)
- \_\_\_ sanitary napkins/tampons (plastic applicators not allowed)
- \_\_\_ shaving toiletries
- \_\_\_ beach/ice cream pail/shower caddy with handle (to carry toiletries to & from washhouse)
- \_\_\_ 2 pair contact lens/eyeglasses (if your daughter wears contact lenses, she still needs to bring a pair of prescription glasses in case of "pink eye"/eye infection or loss of contacts)
- \_\_\_ eyeglass "Crookies" (strap that holds glasses on) for waterfront activities — a **MUST** if your daughter wears eyeglasses!!
- \_\_\_ medications (in original container and with camper's name and dosage instructions) – if not mailed to camp previously, please place all medications including vitamins and Camper Medication Chart in a large Ziploc® bag and pack in carry-on duffel

### CAMPING EQUIPMENT

- \_\_\_ sleeping bag (inexpensive sleeping bag with stuff sack is recommended)
- \_\_\_ *good* quality flashlight/headlamp & extra batteries (essential)
- \_\_\_ old baseball cap/hat/visor for sun protection
- \_\_\_ Non-leaky insulated water bottle (for canoe trips and in-camp use for hydration)
- \_\_\_ **"Crazy Creek" Chair** (generic brands are just as good as 'name')
- \_\_\_ Inexpensive sunglasses with UV protection (optional but recommended)

### OPTIONAL ARTICLES

- \_\_\_ books, games, costumes, tribe colored "stuff"
- \_\_\_ burned CDs of your favorite music/playlists
- \_\_\_ *inexpensive* camera (with **real** (not rechargeable), batteries!!)
- \_\_\_ tennis racket
- \_\_\_ swim goggles
- \_\_\_ posters, family pictures, etc. to decorate cabin
- \_\_\_ 2 sturdy plastic boxes with lids – no bigger than shoe box size – to hold: stationery, stamps, envelopes (please pre-address and stamp for younger campers), address book, pens, Kleenex, chapstick, scotch tape, etc.
- \_\_\_ embroidery floss for making friendship bracelets
- \_\_\_ fun, wacky, dress-up costumes

★★ Proper footwear is essential — and the only 'REQUIRED uniform' at camp. The camp terrain is uneven so any type of open-foot, open-toed shoe and/or sandal is inappropriate and can lead to serious injury. Just ask our camp doctors!!

**And as 'trendy' as they are, please leave "Uggs" and boots of the like at home as they do not allow feet to "breathe" and are a breeding ground for bacteria and infection.**

We ask our campers to always wear cotton socks with their closed-toe footwear to absorb sweat and to prevent athlete's foot and/or blisters.

## For horseback riding you don't have to go out and buy expensive equestrian riding boots. However, riding shoes **MUST** be comfortable, broken-in close-toed/-heeled shoes/boots with a heel that can grip riding stirrup.

If you have any questions about anything that appears on Camp Kamaji's Packing List, please ask!!