



Overnight Camp Packing List

Below is a packing list of what to bring for your Overnight Camp with Big City Mountaineers this summer.

To Pack:

- ☐ 2 pairs of underwear (sports bras recommended)
- ☐ 2 t-shirts (Athletic/non-cotton recommended*)
- ☐ 1 sweatshirt or light jacket (polar fleece/non-cotton recommended*)
- ☐ 1-2 pair of shorts (Athletic/non-cotton recommended*)
- ☐ 1 pair of pants (Athletic/non-cotton recommended*)
- ☐ 1 pair of sneakers; closed toe shoes for camp (croc's will work) (please no slides)
- ☐ Toothbrush & toothpaste
- ☐ Menstrual hygiene products
- ☐ Prescription medication (All medication must come in original package)
- ☐ Full inhaler (if you use one)
- ☐ Extra glasses/contacts (if you use them)

* Recommended fabrics are wool, polyester or nylon (they wick moisture away from the body) but bring what you have! No need to buy or find other clothes.

Optional:

- ☐ Brimmed hat
- ☐ Sunglasses
- ☐ Camera (phones not allowed on trips)
- ☐ Journal
- ☐ Book
- ☐ Deck of cards
- ☐ Ear plugs

Items to Leave at Home

- ☐ Perfumes, Colognes and other strong smelling personal care items (these can attract animals & bugs which is not good for us or them!)
- ☐ Unnecessary hair styling products, think instead about wearing hair in styles that are lower maintenance (it's likely there won't be access to showers)

Personal Items Provided by Big City Mountaineers:

- Hiking boots for students (for during the day)
- Wool hiking socks
- Rain jacket
- Polar fleece sweatshirt/ jacket (if needed)
- Sleeping bag
- Sleeping pad
- Flashlight / headlamp