

CAMP HIGH ROCKS SUGGESTED CLOTHING AND EQUIPMENT LIST– JUNIOR CAMP ONLY

We recommend that you use the list below as a guide for the clothes and equipment that you bring to camp. Paste it inside the top of your foot locker and write in the first column the number of each article that you bring to camp. It can be helpful to show younger campers what and where you packed items in the trunk. When we start packing to return home, campers can write the number in the second column. This will help everyone to determine what is missing. Please refer to the “Parents” section of our website for more information on packing and gear.

Please do not bring any food, knives, aerosols, or other sprays to camp. **ALL** clothing, including shoes, athletic equipment, fishing gear, or anything else you want returned, should be **clearly marked with your camper’s name**. Please do not just use initials, if possible. We have found that there are clothing labels on the market that work best; however, Sharpies work fine as well.

Clothing		
5 t-shirts*		
1 sweatshirt*		
2 long-sleeved synthetic tops (Under Armour Coldgear®, mid-weight Capilene®, or mid-weight Duofold/polypro) –Not Cotton		
5 pairs underwear		
5 pairs socks		
2 pairs long pants (jeans, khakis or synthetic)		
4 pairs shorts		
2 bathing suits		
2 pairs pajamas or other sleepwear		
1 fleece jacket		
1 coated nylon poncho or raincoat (not thin plastic)		

Footwear		
2 pair tennis shoes or similar sturdy comfortable shoe for day to day athletic use.		
1 pair Teva/ Chaco style sandals or other water shoes to get wet (with heel strap, not flip-flops). Old tennis shoes work, however, Crocs do not.		

Bedding and Linens		
1 set of sheets (single bed)		
1 pillow		
1 pillow case		
2 blankets		
3 towels		
2 washcloths		

Equipment and Gear		
1 bookbag / daypack (used for day trips)		
1 Nalgene type water bottles; 32oz. or canteens		
Flashlight or headlamp (normal size for ease in backpacking)		
1 lightweight backpack-style sleeping bag (not cotton or down filled) rated around 30 °F		
1 stuff sack for sleeping bag		
1 roll-on or lotion bug repellent (no sprays)		
toilet articles - comb, toothbrush, toothpaste, shampoo, etc.*		
small ditty bag (to hold toiletries)		

Optional Items		
These can be helpful if you have a preference, but are not required . Camp will supply all of the needed items:		
1 backpack (internal or external frame) *Camp has packs that can be borrowed		
1 closed cell sleeping pad for backpacking		
tennis racquet		
fishing pole and gear, single hook lures only		
disc golf discs*		
Ping Pong Paddle		
soccer shin guards		
writing paper, pens*		
stamped, pre-addressed envelopes*		
Crazy Creek chair*		

Items with an asterisk (*) are available for preorder or in the camp store.