

Packing list for overnight campers

Please pack **all** of the items on this list and label ALL clothing, masks, shoes, and equipment with the camper's name. We will label items upon arrival to camp if they are not already labeled. Please leave items of value at home and bring only what you need. Clothing should be durable and able to get dirty and may get slightly damaged or torn - this is part of the fun and adventure of camp!

***** Items marked with an asterisk can be borrowed from DREAM if you aren't able to acquire them yourself. Please call Camp DREAM at 802-222-6953 if you have questions or would like to borrow gear. *****

Clothing (plan for a week's worth of clothing, suggested numbers are listed.)

- 4 tops: t-shirts/long sleeves (1 camp t-shirt is provided)
- Bottoms: long pants (1), shorts (3), etc.
- 1 set of sleepwear: PJs, sweatpants/leggings, bathrobe (*optional for shower*)
- 6 sets underwear
- 4 pairs cotton socks / 1 pairs of wool socks
- 1-2 swim suits
- 1 wool or fleece sweater or jacket (not cotton)
- 1 raincoat
- 1 pair sneakers
- 1 pair of water shoes, sandals with a back strap, or old sneakers to wear in the water (NOT flip flops)
- 1 winter hat (for chilly nights)*

General

- 1 duffle bag or large backpack (we recommend packing your belongings in this - rolling bags are very difficult to navigate on the trails)
- 1 flashlight or headlamp with batteries*
- 1 warm sleeping bag*
- 1 pillow with pillowcase
- 1 laundry bag
- 1 towel
- 1 water bottle**

Toiletries

- Prescription medication in its original packaging**
- Sunscreen*
- Child-safe insect repellent*
- Small bag (ziploc or reusable) with:
 - toothbrush and toothpaste
 - deodorant
 - glasses or contacts if needed
 - pads or tampons as needed* (also available at Camp)

Brush/comb

**shampoo, conditioner, and soap will be supplied

Optional

- Camera (cell phones are not permitted for photos)
- A fun book to read
- A journal and pen
- Small board games or a deck of cards
- Musical instrument



Please do not bring

- Food, candy, or drinks
- Electronic devices with video ability (ipods that just play music are okay)
- Cell Phones**
- Weapons, pocket knives, lighters
- Drugs or alcohol
- Cigarettes, e-cigs, juuls, and vape pens
- Clothing with offensive language or images
- Pets