

Suggested Packing List

- Last Mountain Lake -

Bedding

- Pillow
 - Heavy sleeping bag (with extra blanket if desired)
 - Fitted sheet for a single bed (to cover plastic mattress)
- ** Please ensure outside holder of sleeping bag is **CLEARLY MARKED** with the owner's name!

Clothing

- pajamas
 - 2-3 pairs of shorts
 - 2 pairs long pants
 - 1 bathing suit
 - comfortable footwear
 - 4-5 light shirts
 - for the
 - 1 heavy sweater
 - 1 heavy shirt
 - raincoat
- socks
 - underwear (one pair for each day)
 - hat with brim
 - 1 pair running shoes and/or
 - sandals or lightweight shoes (flip-flops
- shower are also handy)

Personal

- 1-2 swimming towels
 - towel for the shower, washcloths
 - soap/body wash
 - comb or brush
 - chapstick
- shampoo/conditioner
 - shaving kit
 - toothpaste and toothbrush
 - feminine supplies

Optional

- CDs (radio version songs, appropriate for dancing!)
 - Camera and batteries
- ** **always a good idea to mark name clearly** (Masking tape label on camera if desired)

Miscellaneous

- completed detailed health form!
 - sun glasses
 - travel alarm clock
- flashlight
 - mosquito repellent/sunscreen
 - water bottle

Note:

- Mark all equipment with owner's name
- Leave valuables at home (this would include iPods, mP3 players, cell phones, game boys.. anything electronic and expensive). **Cell phones are not allowed at camp, please leave them at home.**
- Only pack necessities. Use one suitcase or bag (sleeping bag may be extra)
- If you have an allergy that requires an epi-pen, please bring 2-3