

Inner Adventure Camp Packing List Ages 12-14

CLOTHING LIST

- T-shirts/shirts
- Shorts (at least one athletic pair for sports)
- Long Pants
- Underclothes + Socks
- Sneakers/running shoes
- Sandals
- Light jacket/sweatshirt
- Swimsuit(s)
- Towel
- Pajamas
- Rain Jacket (just in case)
- Sun Hat
- Stretchy/comfortable clothes for yoga
- Clothing that can get dirty (for natural building and blackberry picking)
- WARM CLOTHES: warm jacket, warm hat, scarf, long underwear, warm socks, gloves (we will spend one night camping in the mountains.)

BEDDING

- Sleeping Bag, Pillow & Sleeping Pad (We have extras—just let us know)
- Tent (we have a few extras if you need one. We'd also prefer no larger than a three-person tent—let us know if you have a tent that could be shared or if you need one.)

OTHER ITEMS

- Toiletry bag, Toiletries (toothbrush, toothpaste, floss, soap, shampoo, chapstick, sunscreen)
- Comb/brush
- Two quart size water bottles
- Flashlight w/ extra batteries
- Insect Repellent
- Sunglasses
- Journal + pens/pencils
- Cup, bowl, plate, utensils (with your name on them)

OPTIONAL

- White clothing to be tie-dyed (ideally cotton, rayon or silk)
- Props for the talent show (i.e. musical instrument, costume, card deck, circus toys)
- Cards, board games, book to read

- ___ Medication (if you will be taking some)
- ___ Money for snacks (there is a market nearby with cold drinks and snacks)
- ___ Goggles for swimming
- ___ Camera

PLEASE DON'T BRING:

- Cell phones or anything electronic (if you bring any, we will have a safe place for you to keep them through the duration of the camp. Phone reception is poor, though if your child needs to make a call, we will have phones they can use.)
- Candy

GOOD TO KNOW

We will be going on many adventures and sleeping in tents, so please do not bring anything you really care about. Also, to make transportation simple, please bring your stuff as consolidated as possible. Duffel bags work great.