

Inner Adventure Camp Packing List Ages 15-17

- T-shirts/shirts
 - Shorts (including at least one quick-dry/athletic pair)
 - Long Pants (including at least one quick-dry/lightweight pair)
 - Underclothes + Socks
 - Sneakers/running shoes
 - Hiking shoes
 - Study hiking shoes
 - WARM CLOTHES: warm jacket, warm hat, scarf, long underwear, warm socks, gloves
 - Sleeping Bag (Lightweight & compact)Hiking Boots
 - Sandals for swimming or Water shoes
 - Light jacket/sweatshirt
 - Swimsuit(s)
 - Rain Jacket (just in case)
 - Sun Hat
 - Sunscreen
 - Two quart size water bottles
 - Flashlight w/ extra batteries
 - Journal + pens/pencils
 - Plate, cup, bowl, and utensils (lightweight & with your name on them)
 - Bandana or a small, lightweight towel for the wilderness adventure
 - Tent: If you have a tent to share, please let us know as we will be coordinating sleeping arrangements soon. If you will be needing a tent, let us know. If you wish to sleep alone, please bring your own tent and let us know:)
 - Pajamas
 - Stretchy/comfortable clothes for yoga
 - Clothing that can get dirty (for natural building and blackberry picking)
 - Bath Towel
 - Sleeping Pad
 - Toiletry bag, Toiletries (toothbrush, toothpaste, floss, soap, shampoo, chapstick, Comb/brush)
 - Insect Repellant
 - Sunglasses
 - Pillow
- OPTIONAL
- Quick-dry zip-off pants (ideal for the wilderness adventure)
 - A light long-sleeve layer (for hiking if you get sunburned easily)
 - Water filter straw (LifeStraw)

- ___ 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.