

## Packing list Inner Adventure Camp

1. Day pack
2. sleeping bag, pillow (if you need one, we can find one—let us know)
3. tent (we have some if you don't mind sharing—let us know if you need it.)
4. Quart size water bottle or more
5. Flashlight with new batteries
6. Sunscreen
7. Swimsuit
8. shorts, pants, layers just in case it cools down in the evening and morning
9. Sunhat
10. sweater, light jacket
11. towel
12. Toiletries in an easy to carry bag
13. Long pants
14. closed toe shoes, and sandals (it may be muddy but most likely it will be dusty)
15. extra snacks and special foods
16. money for laundry (optional), money for snacks?, gifts?
17. socks
18. Rain gear (just in case—most likely you won't need it)
19. If you tend to get cold please consider bringing the following:
  - scarf
  - gloves
  - extra sweater
  - warm hat

Optional: a journal, book to read, medications if needed (please let us know if you will be taking some), cards? camera, money for laundry, money for snacks?, gifts?

Good to know: There is a market walking distance from the camp. There is a small laundry mat nearby.

We don't have insurance for the campers so it is good to bring that information with you.