

Inner Adventure Camp Packing list for ages 15-17

1. Day pack
2. Closed-toe sandals or water shoes
3. sleeping bag, (light-weight with extra layers of clothing or small blanket)
4. tent (we have some if you don't mind sharing—let us know if you need it.)
5. Quart size water bottle or more
6. Flashlight with new batteries
7. Swimsuit
8. shorts, pants, layers just in case it cools down in the evening and morning
9. Sunhat and Sunscreen
10. socks
11. towel
12. Toiletries in an easy to carry bag
13. Long pants
14. closed toe shoes (it may be muddy but most likely it will be dusty)
18. Rain gear (just in case—most likely you won't need it)
19. sweater, light jacket

Optional:

pillow, a journal,

book to read,

medications if needed (please let us know if you will be taking some),

games

camera,

money for laundry, money for snacks? gifts?

If you tend to get cold please consider bringing the following: scarf, gloves, warm hat

extra snacks and special foods

Good to know:

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

Phone reception is not so good, and we discourage internet usage during the camp.

There is a market walking distance from the camp.

There is a small laundry mat nearby.