

## Camp Quest Southeast Packing List

Below is the basic packing list. Specific sessions and/or locations may have an additional item or two. Registered campers will receive the packing list specific to their location and session.

(Please clearly mark all items with camper's name. A Sharpie on the tags works well!)

- t-shirts
- shorts
- long pants (at least one pair)
- long sleeved shirt (at least one)
- underwear and socks sufficient for one week at camp
- sleepwear
- bathing suit & sunscreen (optional – swim goggles)
- jacket and/or sweatshirt
- poncho or rain coat
- shoes (suggestion: close-toed shoes suitable for hiking, flip flops for the shower, and old shoes or sports sandals)
- hat or cap
- sleeping bag or bedding & pillow (none are provided)
- towels & washcloths (for showering)
- beach towels (for swimming)
- toiletries (toothbrush & toothpaste, soap in soap dish, shampoo, etc.)
- water bottle (REQUIRED)
- flashlight (and extra batteries)
- as needed: contact care materials, sanitary supplies

### Optional Items

- stationery, envelopes and stamps to send letters home
- bug spray
- AfterBite anti-itch cream
- prop, costume, or instrument for the talent show (optional, and please do not bring anything so valuable that your camper would be devastated to lose)
- outfit for the dance
- other optional items: books, games (cards, checkers, chess, etc.), small musical instruments (recorders, harmonicas, etc.), stuffed animals or comfort items

### Prohibited Items

- cell phones, iPods, tablets, laptops
- any snacks or soft drinks
- weapons