

Teen Winter Retreat

Packing List



From experience, we have found that teens generally only need what is listed below. Try your best to pack light, but stay warm! **Please DO NOT bring valuables or any electronic devices with a screen to camp (see our Screen-Free policy on pages 8 and 9 of the Parent-Camper Guidebook)**

Clothing

- ☐ 1 pair of sneakers
- ☐ 1 pair of hiking boots/waterproof winter boots
- ☐ 4 pairs of socks (including 2 pairs of thin wool socks for hiking)
- ☐ 2 pairs of underwear
- ☐ 1 short sleeve shirt/tank top
- ☐ 3 long sleeve shirts
- ☐ 2 pairs of jeans/long pants
- ☐ 1 pair of pajamas
- ☐ 1 sweater/sweatshirt
- ☐ 1 warm jacket
- ☐ 1 warm hat
- ☐ 1 pair of mittens or gloves
- ☐ 1 rain jacket or poncho

Bedding

- ☐ 1 pillow
- ☐ 1 fitted sheet for a twin size bed
- ☐ 1 sleeping bag (rated at 20° F)
- ☐ Flannel/fleece sleeping bag liner or blanket for extra warmth

Toiletries

- ☐ 1 bath towel
- ☐ 1 toothbrush
- ☐ Toothpaste
- ☐ Shampoo/soap
- ☐ Hairbrush/comb
- ☐ 1 Sunscreen and lip protection (SPF 30 or higher)
- ☐ **MEDICATION:** Bring to the bus with your completed MARS form and give to med check-in staff

Other Important Items

- ☐ 1 quart-sized water bottle
- ☐ 1 daypack (school backpack without wheels)
- ☐ 1 flashlight or headlamp with extra batteries

Optional

- ☐ Disposable camera, polaroid or digital camera without internet capability
- ☐ Supplies for talent show
- ☐ Onesie or fun pajamas for Movie Night
- ☐ Books, journals, sketchbooks and pens/pencils, quiet time activities