



# CAMP BIRCH HILL PACKING LIST

## Remember to put your name on everything!

Do not pack jewelry, clothing, or other items of significant value. Camp Birch Hill is not responsible for lost, stolen, or damaged items. If you want to pack money to buy candy, snacks, or CBH branded clothing from the camp store (all optional), we strongly recommend \$50 or less.

**All items should be packed in a soft duffel bag if possible** (to fit in a locker / under the bed).

Campers may bring snacks and drinks but **nothing containing peanuts or tree nuts of any kind**. This includes food or snacks that "may contain" nuts or that have been processed at a plant that also handles nuts. **Canned soda, gum, and duct tape are also not permitted**. All snacks must be brought in an airtight container no larger than 14x10x6 (7 quarts).

**Campers cannot bring their cellphones** or any devices that connect to the internet.

**Please bring all items listed in purple.** Feel free to adjust slightly based on specific needs or to make substitutions (ex: 3-in-1 shower gel). But make sure to pack enough clothing for 8 days before laundry.

**Items in blue are optional or age dependent.**

## TOILETRIES

\*\* Travel Size if possible

- Toothbrush
- Toothpaste \*\*
- Dental Floss
- Bug Spray \*\*
- Shower Towels (2)
- Beach Towel
- Sunscreen \*\*
- Soap / Body Wash \*\*
- Shampoo \*\*
- Conditioner \*\*
- Wash Cloth
- Deodorant \*\*
- Menstruation Products

## MISCELLANEOUS

- Reusable Water Bottle
- Stationary / Stamps
- Backpack
- Flashlight / Headlamp
- Card Games  Camera

## CLOTHING

- T-Shirts (7)
- Long-Sleeves (2)
- Shorts (7)
- Long Pants (2)
- Sweatshirts (2)
- Underwear (9)
- Socks (9)
- Bathing Suit (2-3)
- Rain Coat
- Pajamas (2)

## ACTIVITY CLOTHING

If you already have some, we suggest bringing clothing with a variety of colors and styles to make it easier to dress for a specific theme or event. Feel free to bring a costume if you are excited about one or white clothes to tie-dye with.

## MEDICATION

All Medications (including prescriptions, over-the-counter meds, vitamins, & supplements) must be submitted to the camp nurse at check-in and kept in the health center at all times.

Please do not send Tylenol or Ibuprofen to camp unless your child takes them daily. We have plenty in the Health Center.

## FOOTWEAR

- Athletic Shoes
- Sandals / Water Shoes
- Shower Shoes / Sandals
- Rain Boots
- Hiking Boots

Please do not pack cleats

## BEDDING

- Twin / Cot Sheet Set
- Sleeping Bag or Warm Blanket
- Pillow and Pillowcase
- Laundry Bag
- 2nd Blanket

## EQUIPMENT

We have all necessary activity equipment, but feel free to bring your own.

Examples include: Bicycle, helmet, tennis racket, baseball/softball glove, lacrosse stick, field hockey stick, etc.