

Adventures Unlimited Suggested Packing List

Please send your camper with a Summer/Weekend backpack to take on trips and 1 duffel bag or collapsible soft-sided suitcase for items to be left on camp while they are gone. Space is at a premium at camp, for this reason we ask that you NOT send hard-sided suitcases, plastic totes, or trunks whenever possible. We encourage campers not to over pack for each trip and to leave many items on camp. Each AU Camper will pack out all of their clothes and personal belongings in their backpack for each trip. Your child will need to be able to carry his/her own backpack with minimal or no help. Please pay close attention to the types of clothing your child will need for this summer.

All clothing and personal belongings MUST be clearly marked with the camper's name (use indelible ink or laundry marking pens. Please note that name tapes/labels may fall off when laundered). AU campers get laundry done twice per session. All articles of value should be left at home. Camp Livingston does not accept responsibility for loss or damage to the clothing, equipment, or any personal belongings of our campers. These are just guidelines as you know your child best. When packing, we request that you help your camper choose clothing that is respectful and appropriate. Please note that campers will not have access to electrical outlets in their cabins. There are outlets in the shower house for hair dryers, electric shavers, etc.

CLOTHING

- 20 Short sleeve T-shirts
- 3 Long sleeve shirts
- 14 Pairs of shorts
- 1 Pair of long pants (not denim/jeans)
- 3 Sweatshirts (1 can be sweater/lightweight jacket)
- 2 Sweatpants or jeans
- 1 Belt (if needed)
- 16 Pairs of underwear and socks
- Sports bras recommended (if needed)
- 2 Pairs of pajamas (or lightweight sleepwear)
- 4 Swim suits (please no string bikinis for girls nor brief style shorts for boys)
- 1 Sun hat/baseball cap (mandatory)
- 1 Lightweight waterproof jacket

FOOTWEAR

- 1 Pair of sneakers (or 2 pairs if not bringing sandals)
- 1 Pair of sandals with back straps (i.e. chacos, tevas)
- 1 Pair of hiking boots or walking shoes with ankle support
- 1 Pair of shower shoes (optional)

SHABBAT

- 3 Nice shirts / blouses
- 3 Nice shorts or slacks / skirts or dresses

- Kippah, tallit, and tefillin (optional)

BED AND BATH

- 1 Fitted sheets (twin)
- 1 Flat sheets (twin)
- 1 Pillow cases
- 1 Pillow
- 1 Blanket
- 1 Sleeping Bag (must be 4lbs or less and attachable or fit inside backpack)
- 1 Camping Pad/Therma-Rest (foam pad to sleep on also attachable or fit inside backpack)
- 4 Towels (one must be lightweight for travel)
- 1 Wash cloth
- 1 Large closable washable laundry bags (zipped /pull string, marked with camper's name)

TOILETRIES

- Comb / hair brush
- Travel size toothbrush with cover
- Travel size toothpaste
- Biodegradable Soap/Soap Case
- Biodegradable Shampoo
- Insect repellent (no aerosol)
- Sun block (30 SPF or stronger)

- Deodorant / antiperspirant (if needed)
- Feminine products (if needed)

OTHER

- 2 Water Bottles: Very important (32oz each recommended)
- 1 Summer/Weekend Backpack (see more info below)
- 1 Flashlight with batteries (headlamp preferred)
- 1 Pair sunglasses (Polarized)
- 1 Travel silverware/eating utensils
- 1 Stainless steel camping cup
- Envelopes, paper, pens and stamps to write home
- Extra eyeglasses (recommended keep at camp as back-up)

OPTIONAL

- Small battery-powered fan
- Camera and extra memory cards
- Books/magazines/comics
- Musical instruments
- Playing cards
- Crazy Creek Chair (or similar)
- Money for souvenirs (suggested \$200)

Where Can I Buy these items?

We recommend buying what you can at Amazon, Wal-Mart, Target, Dicks or any other local, inexpensive retailer or online. Campers do not need expensive equipment or the best in brand names for just a few weeks nor do you as a parent need to spend a lot of extra money on your camper's AU experience this summer. REI.com, Outdoor World and Cabelas are all outdoor retailers that will have the best quality products if you are interested or cannot find what you are looking for at local retailers.

Camp will provide all food for all the trips, tents and/or tarps for sleeping under as well as all equipment necessary to participate and facilitate outdoor activities safely (i.e. ropes, harnesses, helmets, etc). Camp will also provide all transportation and first aid supplies.

Explanation on specific items:

Backpack: Your camper should bring with them a weekend/summer backpack, not a day pack. You are looking for a weekend/summer backpack that will hold enough weight for clothing, sleeping bag, toiletries for 8 days. (Food is not included in their pack weight) A standard weekend/summer backpack should be about 65 liters/ 4,000 cubic meters. Some top brands in back packs are Osprey and Kelty. However, it is not necessary to purchase a top name brand. All of the following items from the list above will be carried in the camper's pack for the duration of each trip so they must be able to carry it on their own without help: 8-Short sleeve T-shirts, Long sleeve shirt, 2- Pairs of shorts, a Sweatshirt, a pair of pants, waterproof jacket, a pair of sleepwear, a swim suit, a hat, both water bottles, a pair of sandals, a pair of hiking boots, sleeping bag, sleeping pad, lightweight towel, bio-degradable soap, shampoo, travel size toothbrush and paste, bandana, travel eating utensils and stainless steel camping cup.

Sleeping Bag: Your camper should come with a nylon sleeping bag, not a bag with cloth or cotton on the outside. The sleeping bag should weigh no more than 4lbs rolled up so that it fits easily in the backpack. A down or synthetic bag is not necessary for summer weather. Bag should be rated at 55 degrees or lower.

Camping Pad/Therma-Rest: A camping pad is a foam pad that rolls up and attaches to the outside of a pack. It is a pad for campers to sleep on so that they do not get cold or injured sleeping on the dirt ground. Therma-rest is an inflatable name brand pad. Therma-rests tend to be more expensive. Either one will be more than sufficient for AU campers.

Footwear: Campers are required to have a pair of supportive summer hiking boots/shoes (waterproof or sealant applied to boot highly recommended). Tennis shoes will not provide the supportive sole campers will need to hike across various terrain and will soak when they get wet. Sandals with a back and hard sole are required. Two recommended brands, Chacos or Tevas, will be sufficient and should last for years beyond this summer. You can get the same style shoe without the Chaco or Teva. These sandals can also be used as shower shoes, for rafting, kayaking, day hikes, wearing around the campfire, etc. AU Campers are not permitted to bring any flip flops or Crocs on trips, and they will be left at camp.

Water Bottles: "Nalgene-style" water bottles are preferred because they will not crack, break or get damaged. Camelbacks are not necessary. You can buy bladders (pouch or sack insert) for your backpack if campers prefer the "camelback" style of water bottle, but two extra water bottles are required on top of a bladder.

Clothing: Campers should pack shirts that can be damaged, dirty and possibly tossed at the end of the summer. We recommend buying a pack of the plain white T's. Sleeveless shirts are not permitted due to the fact that campers will get a rash from their packs if they do not cover their shoulders while hiking and do not provide sun protection. Shirts should be cotton or wick-away material. Campers should expect to change their shirt, underwear, and socks daily, but not their pants or shorts. Girls should bring sports bras for hiking and comfort. Denim/jean material is not recommended while on a trip. Denim/jeans do not dry well if they get wet which can lead to rash, chafing and discomfort. Nylon pants/shorts are recommended for trips.

Eating Utensils: The most important utensil is a spoon. Knives are not recommended, forks are ok. Stainless steel or strong plastic material is preferred so they do not rust or break. One set is all that is needed. One stainless steel cup for eating out of is necessary. No plates or pots or pans are needed.

Bio-degradable Soap and Shampoo: Ivory soap is bio-degradable in the bar form and can be purchased at any grocery store, Wal-Mart, Target, etc. Shampoo can be found at any outdoor retailer or in the camping section of some stores.

Crazy Creek Chair: Crazy creek is a fold up floor chair. They are similar to bleacher chairs. They weigh very little and can clip onto a pack for hiking purposes. It's a chair for campers to sit in around the fire. This is recommended, but not required.