

SURVIVOR CAMP KIT LIST

Traveling to Camp: Please wear your Uniform Shirt when traveling to camp, but please leave your scarf at home.

Dinner: Please eat dinner prior to arriving at camp.

Please ensure that your name is clearly labeled on ALL of your items. All medications must be in a Ziploc bag with your name and usage instructions clearly written on the bag. All medications (other than asthma inhalers or EpiPens, which must remain on the person at all times) must be handed in to the First Aider upon arrival at camp.

Please pack all kit list items in a backpack or duffel bag, please do not pack in garbage bags or open tote bags.

Clothing:

- Low cut hikers or sneakers
- Rubber boots or waterproof hiking boots
- 2 Long-sleeved shirts
- 2 pairs of pants
- 3 to 4 pairs of socks
- 3 pairs of underwear
- 2 bras / bra tops or undershirts
- Long underwear
- Sleepwear
- Sweater / polar fleece pullover
- Extra fleece
- Jacket
- Raincoat or poncho
- Rain pants
- 2 Toques (one for sleeping)
- 2 pairs of Gloves / mitts

Bedding:

- Pillow
- Three Season Sleeping Bag
- Sleeping bag liner/Fleece Blanket
- Sleeping pad or Therma-rest
- Small Tarp, Groundsheet or Space Blanket
- Rope (if making a bedroll)

Toiletries:

- Towel, facecloth, soap
- Toothbrush, toothpaste, deodorant
- Brush / comb, hair ties
- Vitamins/personal medication(s)
- Prescription glasses/contacts with case
- Sun screen
- Insect repellent
- Feminine Hygiene Products
- Ear plugs (optional)

Gear:

- Mesh camp dish bag with carabineer
- Unbreakable Plate, bowl, cup, knife, fork, spoon
- Refillable water bottle / water bladder
- Headlamp/flashlight with extra batteries
- Pocket knife
- Sit upon/camp chair
- Day pack
- Sunglasses
- Journal/note pad and pen / pencil
- Plastic bag for wet or dirty laundry

Optional:

- Book(s) or magazine(s)
- Camera w/ extra batteries & memory card
- Small games/cards
- Camp blanket
- Stuffed Animal

