



## Wilderness Camp Packing List

### Backpacking Basics:

1. **Keep it light! Your camper will carry it all!**
2. **Bring clothes that dry quickly: synthetics or wool, not cotton or denim.**
3. **Your feet will be your off-road vehicles!**
  - a. **Keep them safe with sturdy boots and water shoes.**
4. **No extra snacks! ALL smellables will be collected and stored out of reach of critters nightly to protect our food and gear.**

### What to Wear

- 2 or 3 changes of clothes (shirt and pants/shorts)
- Hiking/athletic pants
- ~ 5 pairs of socks
- ~ 5 pairs of undies
- Sweatshirt or Jacket
- Hat/Cap/Bandana/Sunglasses - or other sun protection
- Rain Coat or Poncho
- Swimsuit or clothes that can get wet
- Sturdy boots or hiking shoes
- Water Shoes or old sneakers (Feet will get wet! No Open Toed Shoes or Sandals)

### Hygiene

- Toothbrush
- Travel Toothpaste
- Hairbrush, if needed
- Deodorant

**Don't wear smelly body sprays or lotion**

### Other

- Flashlight or Headlamp
- Travel Size Sunscreen & Bug Spray
- Camera or Journal (optional)
- 1 Liter/32 oz water bottle
- Hammock & Bug Net (optional sleeping)

### Equipment provided by camp (you may bring your own if you have it):

Backpack	Plastic liners for packs	Mess kit (bowl and utensil)
Sleeping Bag	Cooking supplies	Tent
Sleeping Pad	Nalgene Water Bottle	Trowel & Toilet Paper

### What NOT to Bring to Camp

- **Cell Phones**, iPods, smart watches, game systems, music players, or other electronic devices!
- Weapons, including pocket knives
- Over the counter medications (we have a fully equipped health lodge). If a camper brings over the counter medicine, it must be checked in with our camp nurse at check in.
- Campers may be dismissed from camp if found possessing weapons, illegal drugs, alcohol or cigarettes.

**Thank you for leaving these items at home!**

*Camp Whitewood is not responsible for lost or stolen items. Items that are left at Camp Whitewood will be donated to a local charity, so please check the lost and found before your departure. Please, do not send anything valuable or delicate to camp.*

# Wilderness Camp: Sample Itinerary

*Backpacking - Tent Camping - Campfire Meals - Exploring Outdoors*

Wilderness campers will take part in all sorts of wild and adventurous activities while learning to recognize their own strength, work as a team, and appreciate our natural world!

Participants will be engaged in physical activities such as hiking with a backpack up and down steep terrain, crossing creeks, cooking over fires and sleeping in tents. Our staff are trained in teaching campers safe and healthy skills for backcountry camping and diligently supervise campers as they develop competency.

## **This is a MOCK SCHEDULE of Wilderness Camp for a better look at MOVEMENT & ACTIVITIES!**

Sunday	4:00pm Check-In at Rec Pad & Distribute Gear on Rec Pad with Parents  Group Norms/Agreements, Name Games, Leave No Trace basics  Camping Spot: Hike to Top of Crikey  Dinner - Pizzadillas & S'mores
	Evening Activities: Tent Familiarity, How to SCHMOO, Get to Know You Games
Monday	Breakfast - Oatmeal + Extras  Morning Activities: Fire-Building Challenge, Hike to Snake Pit - Swim  Lunch - Soup Bombs  Afternoon Activities: Leave Packs, Whole-Creek Hike  Camping Spot - Snakepit Ridge  Dinner - Mac & Cheese w/Beef, Banana Foil Treats
	Evening Activities: Team Building Challenges
Tuesday	Breakfast - Potatoes & Eggs  Morning Activities: Move camp, crafts/boating at main camp, leave packs -hike to covered bridge  Lunch - Naan & Spreads  Afternoon Activities: Witches House, Footprint Rock Scrambling, Shelterbuilding  Camping Spot: Bottom of Heart Attack Hill  Dinner - Foil Packets, Dump Cake
	Evening Activities: Night Hike, Moon Rocks, Vesper
Wednesday	Breakfast - Pancakes & Sausage behind dining hall  Morning Activities: Unpack, Pack Up, Check Out & Visit the Store!

*Camp Whitewood is not responsible for lost or stolen items. Items that are left at Camp Whitewood will be donated to a local charity, so please check the lost and found before your departure. Please, do not send anything valuable or delicate to camp.*