



Wilderness Camp Packing List

Introduction to Backpacking: Keep it light! Your camper will carry it all!

What to Wear

- ☐ 2 or 3 changes of clothes (shirt and pants/shorts)
- ☐ Long pants (athletic...avoid cotton)
- ☐ Pajamas - rewear nightly
- ☐ Socks - & plenty extra!
- ☐ Undies
- ☐ Sweatshirt/Jacket
- ☐ Hat/Cap/Bandana/Sunglasses - or other sun protection
- ☐ Rain Coat or Poncho
- ☐ Swimsuit (One Piece/Tankini -No Bikinis)
- ☐ Boots or Water Shoes (Feet will get wet! No Open Toed Shoes or Sandals)
- ☐ 1 extra pair of Sneakers

Hygiene

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

Don't wear smelly body sprays or lotion

Other

- ☐ Flashlight
- ☐ Sunscreen & Bug Spray
- ☐ Camera (optional)
- ☐ Journal (optional)
- ☐ Hammock & Bug Net (optional sleeping)

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

Backpack	Mess kit	Rope
Sleeping Bag	Cooking utensils/pots/etc.	Lantern
Sleeping Pad	Water Bottle	
Tent	Plastic bags for packs	
Tarp	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
Monday	Evening Activities: Tent Familiarity, How to SCHMOO, Get to Know You Games
	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
Tuesday	Dinner - Mac & Cheese w/Beef, Banana Foil Treats
	Evening Activities: Team Building Challenges
	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
Wednesday	Camping Spot: Bottom of Heart Attack Hill
	Dinner - Foil Packets, Dump Cake
	Evening Activities: Night Hike, Moon Rocks, Vesper
	Breakfast - Pancakes & Sausage behind dining hall
	Morning Activities: Unpack, Pack Up, Check Out & Visit the Store!

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