Packing List

At camp, we are active and outside all day, every day. Help your camper pack for success by bringing clothing that is comfortable, durable, and OK to get dirty. Please label all items with camper's name.

- Any necessary medications (labeled)
- Pillow, sleeping bag, or linens and a blanket
    - **Highlands does not provide bedding**
- Clothing for warm to cold weather. We recommend the following:
    - A clean t-shirt for each day. Lightweight, long-sleeved sun shirts can be a good option, too
    - 2-4 pairs of shorts. Lightweight, long pants can be a good option, too
    - 1 pair of sweatpants for chilly mornings and evenings
    - 1-2 sweatshirts/fleece layers for chilly mornings and evenings
    - 1 rain jacket or waterproof outer layer (ponchos work too!)
    - 1 set sleeping clothes
    - Clean socks and underwear for each day
    - Modest swimwear and cover-up (for activities at the pond)
- 2-3 pairs of shoes
    - Closed-toed sneakers
    - Closed-toed hiking boots (optional)
    - A pair of sandals for shower/pond
- Baseball cap or sun hat for sun protection
- Beanie for chilly evenings
- Shower & toiletry items (soap, shampoo, toothbrush, toothpaste, deodorant, feminine products)
- Towel(s) for showers & water activities
- Day backpack
    - Campers will be expected to carry a backpack with their water bottle, sack lunch, sunscreen, and layers
- Reusable water bottle
- Sunscreen & lip balm
- Insect repellant
- Flashlight or headlamp
- A Journal and pen
- A book to read during rest time
- A positive attitude!

What NOT to Bring

- Open toed shoes (except to wear in the shower if wanted)
- Inappropriate clothing (including low cut or crop tops, shirts with sides cut out, inappropriate or vulgar logos, very short shorts, clothing with holes)
- Tobacco, vaping supplies, drugs, or alcohol
- Fireworks, knives, or weapons of any kind
- Smart phones, smart watches, and electronics
- Personal sports equipment
- Candy or other food items (snacks will be provided by the camp)
- Lighters or matches
- Valuable items or large amounts of cash
- Highly sentimental items
- Animals