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FOR HEALTHY LIVING
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Suggested Day Camp Packing List

Daily Packing List

The following is not an exhaustive list of items to pack but the essential items. All items will need to be in a backpack that can be carried around all day. We are a rugged terrain so backpacks with wheels will probably not work.

- | | |
|--|---|
| <input type="checkbox"/> Backpack (no wheels) | <input type="checkbox"/> Optional: Raincoat or poncho |
| <input type="checkbox"/> Lunch – labeled with camper’s name | <input type="checkbox"/> Optional: Light jacket |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Optional: Insect repellent |
| <input type="checkbox"/> Bathing suit | <input type="checkbox"/> Optional: Hat or baseball cap |
| <input type="checkbox"/> Towel for swimming | <input type="checkbox"/> Optional: Sunglasses |
| <input type="checkbox"/> Water shoes, sandals or sneakers that can get wet (a heel strap is suggested for campers in water activities) | |
| <input type="checkbox"/> Sunscreen (waterproof) | |

Reminder: Please no electronics and valuables at camp

Suggested Items for Add On Programs:

Horse Masters:

- Mandatory:** Long pants or Jodhpurs – required to ride
- Mandatory:** Closed toe and heel shoes with at least a 1/2 inch heel – required to ride – no tennis shoes, sneakers, mountain boots, construction boots, or work boots are permitted to ride during the Horse Masters program due to the skills and activities.

Pony Rides:

- Mandatory:** Closed toe and heel shoes

Waterski/Wakeboard:

- Optional:** Ski gloves
- Optional:** Rash vest or wetsuit (performance gear (ie. Under Armour will also help protect against jellyfish stings)

Sailing:

- Optional:** Sailing gloves

Paintball:

- Long sleeve shirt
- Long pants