



## WHAT TO BRING

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### Clothing List

- \_\_\_ 4 T-shirts (sport shirts or blouses)
- \_\_\_ 2 long-sleeved warm shirts and/or sweatshirts
- \_\_\_ 1 warm jacket
- \_\_\_ 1 poncho or raincoat
- \_\_\_ 6 underwear
- \_\_\_ 3 pairs long pants
- \_\_\_ 2 pairs pajamas
- \_\_\_ 2 swim suits
- \_\_\_ 2 shorts or cut-off
- \_\_\_ 1 knit pull-over cap
- \_\_\_ 1 baseball cap or brimmed hat (not cowboy type)
- \_\_\_ 1 pair work gloves (forestry projects, etc.)
- \_\_\_ 1 pair sturdy hiking boots/work boots, broken in
- \_\_\_ 1 pair OLD canvas shoes/beach shoes (no sandals) for windsurfing
- \_\_\_ 1 pair sturdy athletic shoes
- \_\_\_ 6 pairs socks (2 wool, 4 cotton)

### Toiletries

- \_\_\_ comb and hairbrush
- \_\_\_ shampoo (non-scented)
- \_\_\_ toothbrush/toothpaste
- \_\_\_ lip balm
- \_\_\_ sunscreen (SPF 15+, waterproof)
- \_\_\_ insect repellent (solid stick, sprays affect tent fabric)
- \_\_\_ tissues
- \_\_\_ tampons
- \_\_\_ moleskin, 1 pkg, (footcare – drug store)

### Equipment

- \*\* \_\_\_ backpack – internal frame preferably, with hip belt
- \_\_\_ sleeping bag (warm to 30 degrees, not over 6 lbs.)
- \_\_\_ blanket – for unseasonably cold spell
- \_\_\_ pillow w/2 cases
- \_\_\_ twin fitted sheet (for camp mattress)
- \_\_\_ sleeping bag liner (if desired, helps keep bag clean),
- \*\* \_\_\_ 4' x 8' piece light plastic (for backpacking, under pad)
- \*\* \_\_\_ ground pad (dense, non-absorbent foam)
- \_\_\_ 2 bath towels
- \_\_\_ 1 beach towel
- \_\_\_ 2 wash cloths
- \_\_\_ 1 biodegradable liquid face soap
- \_\_\_ laundry bag
- \_\_\_ sunglasses
- \_\_\_ extra pair eyeglasses, if applicable
- \_\_\_ flashlight w/2 sets of batteries
- \_\_\_ Sierra cup/fork and spoon, metal
- \_\_\_ 1 quart (1 liter) plastic water bottle
- \_\_\_ stationery, stamped envelopes, pen, pencil
- \_\_\_ watch or travel alarm clock
- \_\_\_ fishing gear

### Optionals

- \_\_\_ mosquito net (Epcos Sleepscreen 1 - recommended)
- \_\_\_ musical instrument/case
- \_\_\_ rock climbing shoes
- \* \_\_\_ rock climbing helmet
- \* \_\_\_ rock climbing harness
- \* \_\_\_ wet suit (sail boarding)
- \* \_\_\_ skateboard helmet (sail boarding)
- \_\_\_ mask, fins, snorkel
- \_\_\_ fishing gear
- \_\_\_ camera/film

\* *DCC has these items, but you may bring your own.*

**SHOES:** Your child's feet need protection in a wilderness environment. Shoes, boots, and wet shoes must have toe, heel, and side protection. Boots must go above the ankle to prevent sprains, especially for out trips. **NO FLIP FLOPS, WETSHOES WITH OPEN HEELS, OR FIVE TOED SOCK SHOES.** They don't provide sufficient protection.

### LAUNDRY – Do-It-Yourself

Camp provides wash tub, laundry soap, and line.

\*\*One Weekers –Backpacking items not applicable.  
Adjust clothing items to one week use.