

DEER CROSSING WILDERNESS CAMP
HIGH SIERRA OVERNIGHT CAMP
EST 1983

Camper Packing List

CLOTHING

- ___ 4 t-shirts
- ___ 1 [long sleeved hiking shirt](#)
- ___ 2 long sleeved warm shirts and/or sweatshirts (at least one of these three long sleeves must be cotton/wool for campfire)
- ___ 1 warm jacket, we recommend a light weight [puffy jacket](#).
- ___ 6 underwear
- ___ 3 pairs long pants/sweatpants, including at least one pair of [hiking pants](#)
- ___ 2 pajamas/sleepwear
- ___ 2 swim suits
- ___ 2 shorts or cut offs
- ___ 8 pairs socks (3 wool, 5 cotton), covering ankles
- ___ 1 pair study athletic shoes
- ___ 1 pair old tennis shoes for water activities
- ___ 1 pair [work gloves](#) for forestry projects (hardware store)
- ___ baseball cap or brimmed hat (not cowboy hat)
- ___ poncho or raincoat
- ___ beanie or warm hat

TOILETRIES – MUST BE UNSCENTED

- ___ personal hand sanitizer (75% + alcohol) for out-trips
- ___ comb and hairbrush
- ___ shampoo, must be UNSCENTED
- ___ toothbrush and toothpaste, UNSCENTED or mint flavored
- ___ lip balm (SPF 15+), must be UNSCENTED
- ___ sunscreen (SPF 15+, waterproof, non-spray and UNSCENTED)
- ___ insect repellent. Solid stick or cream/lotion (NO SPRAYS). Natural repellents are ok. [DEET](#) or [picaridin](#) work better. [biodegradable liquid soap](#), must be UNSCENTED
- ___ 1 package moleskin (footcare/drug store) [precut](#) or preferably the [uncut](#) kind so we can adjust it to the hot spot
- ___ personal hygiene supplies

MEDICATIONS – We stock many Over-The-Counter meds

- ___ ALL medications/supplements - MUST be listed on the health form and individually labeled.
- XX Please do NOT send any of the medications we stock (list on next page). Please do NOT send any unneeded supplements.

DO NOT BRING TO CAMP

- XX open shoes of any kind (e.g. sandals, flip-flops, Crocs)
- XX electronics (e.g. cellphone, Kindle, iPod)
- XX matches or any fire stater
- XX knives or weapons of any kind
- XX bar soap
- XX jewelry or make-up
- XX items with inappropriate messages/images

EQUIPMENT

- ___ 1 pair study, [ankle high hiking boots](#), MUST cover ankles, be broken in, and comfortable (not trail or other shoes)
- ___ **backpack (internal frame preferable, must have a hip belt) [backpack examples](#)
- ___ sleeping bag (warm to 30° f, not over 6lbs) and stuff sack [sleeping bag example](#), [compression stuff sack](#)
- ___ extra blanket (in case of unseasonably cold nights)
- ___ pillow (option: [inflatable pillow](#))
- ___ twin fitted sheet (for camp mattress)
- ___ sleeping bag liner (if desired, helps keep bag clean)
- ___ **ground pad (dense, non-absorbent foam; if inflatable, bring patch kit) [foam pad](#), [inflatable pad](#)
- ___ **4' x 8' piece light plastic (for backpacking, under pad) [tent ground tarp](#), [regular tarp](#) (can be bought at hardware stores), or a [rain poncho](#) also works
- ___ 2 towels (bath and/or swimming), [microfiber camp](#) towels are great for backpacking
- ___ laundry bag
- ___ sunglasses with UV protection
- ___ extra pair of eyeglasses and case
- ___ [headlamp](#) and/or flashlight with extra batteries
- ___ 2 1-liter water bottles (not glass) [Nalgene](#) is popular (DCWC sells them at camp) or [Hydroflask](#) (they are heavy).
- ___ **[A Sierra cup](#) is a lightweight bowl for out-trips.
- ___ any backpacking spoon, fork/spoon, or simple metal spoon.
- ___ watch or travel alarm clock
- ___ stationery, stamped envelopes, pens/pencils

OPTIONAL

- ___ bag lunch (a must if taking camp bus)
- ___ musical instrument and case
- ___ digital/single use camera (labeled with name)
- ___ rock climbing shoes
- ___ *wetsuit
- ___ *skateboard helmet (for windsurfing)
- ___ mask, fins, snorkel
- ___ trout-fishing gear (campers 16+ must bring a fishing license)
- ___ books/reading materials
- ___ swim goggles
- ___ UV swim shirt/rash guard

* Deer Crossing has these items, but yours may fit better
**For two-week campers only. Backpacking items are not needed for one-week campers.

NOTE: hyper-links (available through the packing list on the DCWC website) are examples, not specific recommendations
PLEASE: label everything with camper's name

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Please do NOT send these Over-the-Counter Medications that we stock

Must be approved on camper's Health History form.

Please do not send supplements that campers can skip.

Area	OTC Medications	Uses
Pain	Acetaminophen (Tylenol)	Reduces fever, relieves mild pain (headaches, sore throats, menstruation)
	Ibuprofen (Advil)	NSAID - Relieves mild-moderate pain (headaches, muscle aches, menstruation, cold/flu pain symptoms)
Airway	Cough drops (generic)	Stop coughs & relieve sore throats
	Zinc lozenges (Zicam)	Homeopathic cold relief
	Guaifenesin (Mucinex, Robitussin)	Expectorant – Taken with sufficient water it relieves coughs & congestion by thinning mucous making it easier to cough up or drain from nose
	Dextromethorphan Hbr (Robitussin Coughgel)	Cough suppressant – helps incessant cough
	Pseudoephedrine HCl (Sudafed), ages 12+ only	Decongestant – Relieves stuffy nose & sinus pain/pressure due to common cold, flu, hay fever, allergies, asthma
	Cetirizine (Zyrtec) (as effective as Benadryl but less sedating) Loratadine (Claritin) (less powerful, non-drowsy)	Antihistamine – Relieves allergy & common cold symptoms (rash, watery eyes, itchy eyes/nose/throat/skin, cough, runny nose, sneezing), itching from hives. 24h
Skin	Topical Diphenhydramine lotion (Calamine)	Topical Antihistamine – Relieves pain, itching, discomfort from minor skin irritations (e.g., poison oak)
	Topical antibiotic cream (Neosporin)	Prevent infections in minor burns, cuts, & wounds
	Aloe	Soothes rashes, skin irritations, sun burn, burns
	Hydrocortisone cream	Soothes rashes, skin irritations
	Butenafine HCl (Lotrimin)	Treats fungal conditions for jock itch, athlete's foot, ringworm
	Clotrimazole 2%	Broad anti-fungal for yeast infections, jock itch, ringworm
Scalp	Pediculosis treatment (Nix)	Treats head lice
Gut	Antacids (Tums, Maalox)	Treats stomach upset, heartburn, indigestion
	Dimenhydrinate (Dramamine)	Reduces motion sickness, anti-emetic
	Bismuth Subsalicylate (Pepto-Bismol)	Treats diarrhea, gas, heartburn, nausea, stomach discomfort
	Loperamide (Imodium)	Treats diarrhea
	Polyethylene glycol (Miralax) or Magnesium hydroxide (Dulcolax)	Osmotic laxative for constipation (our first option)
	Docusate sodium (Colace)	Stool softener for constipation (our second option)
	Senna (Senokot)	Mild stimulant for constipation (our third option)