

AVID4 ADVENTURE OVERNIGHT CAMPS

3RD - 4TH GRADE 1 WEEK PACKING LIST



Program Details: 6 Days/5 Nights

Out Of Cabin Overnight: Yes, 1-Night On-Site

Welcome to 3rd - 4th Grade Overnight Camp! The provided packing list serves as a *simple guideline of suggestions* to follow for your time at **Avid4 Adventure Overnight Camp**. Please use your best judgment to the number of items to consider based on the type of program, the length of session, and the needs and tendencies of your camper.

Before You Pack: Label, label, label! Would you bring your luggage to an airport counter without a luggage tag? Of course not! Similarly, you would be amazed how similar 100 sleeping bags and backpacks can look. This is vital to the success of returning items to campers when items are lost!

PLEASE bust out your labeler, luggage tags, and/or masking tape with a Sharpie and put labels on:

1. 100% of your child's items
2. The outside of their backpacks, duffel bags, sleeping bags, AND pillows.
3. **PLEASE label with your camper's LAST NAME, FIRST NAME, & GROUP NAME.**

Also, kindly leave junk food, candy, and other food items at home. Why? Well, for one... our chef teams take food seriously, and they want to fill your child with the right kind of energy. Also, there is a lot of wildlife at camp, and we want to appreciate them from a distance as opposed to in our cabins or campgrounds.

What To Pack In - Space is limited in the cabin, pack with this in mind!

- Day pack (book/school pack size)
- One suitcase/duffel bag/soft-sided foot locker
- Bedding and/or sleeping bag

Day Pack - With the following, day to day, items in it:

- **2 Water Bottles**
- **Rain Gear** - Poncho or jacket/pants combination
- **Medium Weight Jacket** - Warm-long sleeved fleece or puffy jacket works best
- **Wool or Fleece Hat**
- **Insect Repellent** (non-aerosol)
- **Sunscreen**
- **Lip Balm with SPF**
- **Baseball Cap or Bandana**
- **Sunglasses with UV protection**
- **Flashlight/Headlamp with extra batteries**
- **Personal Hand Sanitizer**

Bedding: We have items available for purchase on our [online store](#).

- **In-Cabin Bedding** - Each camper will have a single-sized bunk bed with mattress on-site. You can bring your own separate sheets and blankets for in-cabin or use a sleeping bag if you're bringing your own.
- **Sleeping Bag** - All campers should have a sleeping bag with a minimum rating of 20 degrees.
- **Sleeping Pad** - A sleeping pad provides insulation from the ground when camping out, essential to stay warm!
- **Pillow**

Clothing & Personal Items:

- **Comfortable hiking boots or sturdy tennis shoes**, *must be closed-toed*.
- **Closed-Toed Water Shoes** - Crocs or Keen sandals are popular options
- **T-Shirts** - a few should be non-cotton shirts for hiking. **No sleeveless, tank or tube tops.**
- **Hiking Pants** – comfortable, lightweight, and loose-fitting. Polyester or non-cotton fabric is best.
- **Shorts** – suitable for hiking. At least one pair should be loose, long shorts to be worn with a climbing harness. No “short” shorts please!
- **Warm Top Layer** - Sweatshirts, fleece jackets, or puffy jackets work well.
- **Long Pants** - Jeans, sweatpants, etc.
- **Pajamas or appropriate sleeping attire**
- **Athletic Socks**
- **Hiking Socks** – Wool or wool/poly
- **Underwear**
- **Towels** - 1 bath, 1 washcloth, 1 beach towel
- **Laundry bag**
- **Trash bag** - for wet clothes at the end of the session!
- **Flip-flops** - For shower and in-cabin (cannot wear outside of cabin).
- **Swim Suit & Swim Shirts** - We ask all campers have covered shoulders and bottoms with swim shirts and shorts. For girls, please have a one-piece only to wear underneath.
- **Toothbrush/Toothpaste**
- **Deodorant**
- **Soap/shampoo/conditioner**
- **Comb or Brush**
- **Shower Caddy or Shower tote**- this is to encourage hygiene items to not touch shared surfaces in bathrooms

Additional Suggested Items

- **Please note:** Campers are welcome to bring their own bikes. Bikes should be tuned, fit campers well and be appropriate for riding on dirt trails (hand brakes and wider tires).
- **Stationery** – with pre-addressed, stamped envelopes, pen, and address list of friends & relatives
- **Sketch Pad or Journal**
- **Book(s)** - no e-readers please!
- **Costumes, wigs, funny clothing for Campfires and Themed Meals** (ex. Wild West, Superhero, Pirate, Tropical, etc.)
- **Favorite Stuffed Animal or Photos from Home**
- **Deck of Cards**
- **Camera** (this cannot be an iPod Touch, iPhone, or another connected devices)

The Anti-Packing List – The Things to Leave at Home

- Televisions
- Computers
- Cell phones
- iPods
- Make-up
- Fireworks
- Expensive Watches and Jewelry
- Expensive Cameras
- Knives
- Alcohol
- Tobacco
- Drugs
- Money
- One-of-a-kind items such as special t-shirts, family treasures, pets, etc.

Avid4 Adventure is NOT responsible for lost or damaged items.

REMEMBER TO PLEASE MARK EVERYTHING WITH YOUR CAMPER’S NAME IN PERMANENT MARKER. THIS IS VITAL TO THE SUCCESS OF RETURNING ITEMS TO CAMPERS WHEN ITEMS ARE LOST!