



ADVENTURE CAMP PACKING LIST

AGES 10 – 13 SAMPLER

CLOTHING LIST

- Hiking boots or sturdy tennis shoes (not fashion shoes of any sort). Above all, make sure that your boots/shoes are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots/shoes cause chafing and blisters.
- Camp shoes or sandals for Canoeing (make sure they won't come off during canoeing)
- Medium weight wool or synthetic-fiber hiking socks (cotton is not a good option)
- T-shirts (synthetic or cotton/synthetic blend)
- Long sleeve thick warm layer (fleece, flannel, etc./cotton is bad)
- Hiking shorts
- Long hiking pants
- Underwear
- Rain jacket
- Hat (helpful for sun and bug protection)
- Single piece bathing suit (for swimming and canoeing)
- Ziplock Bags (gallon and quart sizes to protect personal items from water damage)

PERSONAL GEAR

- Small Backpack for Overnight Hike (a school backpack will work just fine)
- 1 Water bottle (32oz wide-mouth Nalgene is ideal, but other options can work)
- Headlamp or flashlight (with extra batteries)
- 2 Towels (for showers and swimming)
- Toilet kit: toothbrush, toothpaste, deodorant, comb, lip balm, etc.
- Sunscreen
- Insect repellent.
- Medications (allergy medications etc.)
- Sunglasses
- Pillow
- Sleeping Bag
- Prescription glasses (if you have glasses it is a good idea to bring a second pair)
- Contact lens + stuff (contacts are OK, but you should bring glasses as a backup)

MISCELLANEOUS

- Bible (both New and Old Testaments if possible)
- Small note pad, and pen
- Compass (optional)
- Watch (optional)
- Cards, games (optional)
- Book for reading (optional)
- Camera (optional)
- Hammock (optional)

PLEASE DO NOT BRING THE FOLLOWING:

Valuable items such as rings, necklaces, watches, etc... (Due to the nature of outdoor activities, those items can be broken or lost very easily.)

Electronic mobile devices such as video games, cell phones, etc... (These items can also be damaged easily in an outdoor environment.)

More on back...

WHAT IS PROVIDED FOR YOU

The Out-Trips may require special equipment, which we will provide. You do not need to bring these items.

Tents

Sleeping Pads

Canoes (and Life Jackets, Paddles, etc.)

COMMONLY ASKED QUESTIONS

Are we sleeping outside?

We will be sleeping in A-Frame Cabins most of the week, but we will be sleeping outside in provided tents on our Overnight Hike.

Is our staff qualified?

We hire a competent group of staff that have outdoor experience and medical training to facilitate an amazing adventure experience.

Where do we go to the bathroom during Out-Trips?

We will teach proper ways to dispose of waste in the outdoors that limits our impact on the surrounding environment.

What are we going to eat?

Most of the week, we will be eating in the Dining Room of Cran-Hill Ranch. During Out-Trips, our staff will teach proper food preparation and disposal techniques with a full menu.

Is medical care available?

Our staff is certified in wilderness medical techniques and a life guard will be present during water sports.

Will we be able to contact our camper in case of emergency?

Our staff will be carrying communication devices with the ability to make contact in event of emergency.