

# PACKING LIST

## TWO-WEEK SESSIONS



### Clothing

- ☐ 13 pairs Underwear
- ☐ 3 sets Pajamas
- ☐ 7 pairs Shorts
- ☐ 13 T-shirts
- ☐ 3 pairs Jeans or Sweatpants
- ☐ 2-3 Sweatshirts
- ☐ 1 Jacket (polar fleece is best weight)

### Swimgear

- ☐ 2 Beach Towels
- ☐ 3 Swimsuits (one piece swimsuits recommended for girls at watersports)
- ☐ 1 Swim Shirt (optional, but recommended for UV protection)

### Footwear

- ☐ 13 pairs Socks
- ☐ 2 pairs Athletic Shoes (see Packing Tips)
- ☐ 1 pair Flip Flops/Sandals or Water Shoes

### Bath

- ☐ Bath Towels & Wash Cloths (2 of each)
- ☐ Toiletries & Toiletry Bag/Shower Caddy (including: toothbrush & paste, soap, shampoo & conditioner, hair grooming supplies, sunblock, lotion, lip protection with sunscreen, & bug repellent.)

Indicates item is available for purchase in the camp store.

#### PLEASE NOTE

**CAMPERS STAYING LONGER THAN TWO WEEKS WILL HAVE ALL LAUNDRY WASHED IN BETWEEN SESSIONS. OTHERWISE, EMERGENCY SERVICE WILL BE PROVIDED, INCLUDING ESSENTIAL ITEMS, AS NEEDED.**

### Bedding

- ☐ Sleeping Bag (machine washable & rated to at least 30°F)
- ☐ Blanket or Sleeping Bag Liner (for extra warmth)
- ☐ Foam Pad (for overnight trips)
- ☐ Pillow
- ☐ 2 Pillow Cases
- ☐ Twin Fitted Sheet (to cover mattress)

### Equipment

- ☐ Laundry Bag (approx. 30" x 40")
- ☐ 2 Water Bottles (dishwasher safe)
- ☐ Hat or Visor
- ☐ Rain Poncho
- ☐ Flashlight or Headlamp (and extra batteries)
- ☐ Pair of Warm Gloves (knit)
- ☐ Beanie/Warm Hat
- ☐ Backpack (small daypack like used for school)

### Optional Items

- ☐ Books
- ☐ Stationery (pre-addressed, including stamps, is recommended)
- ☐ Booklight (for nighttime reading)
- ☐ Costume, Props, or Other Items (for dance and theme days)
- ☐ Wetsuit (A shorty or spring suit is recommended, but optional. Camp has a large supply for camper use if you choose not to purchase one. Fit is not guaranteed, however.)
- ☐ Disposable Camera
- ☐ Comfort Item (Stuffed Animal or Blanket)
- ☐ Photos of Family, Friends, or Pets
- ☐ Long Underwear

## Packing Tips

Packing for camp is the start of your child's independent camp experience. **Please have your child participate in packing for camp so that he/she knows where to find clothing and other items.** Campers who don't participate in packing often don't know what they have or where to find things at camp, which makes it harder to get acclimated to camp. The quantities listed above for t-shirts, shorts, bath towels and beach towels are what we recommend however, you can modify the quantity depending on your own child and experience packing them for a 2-week camp stay.

Be sure to pack clothes appropriate for camp. Please review the Appearance & Attire section of the **Camper Standards of Behavior & Appearance** for details.

### Luggage

- For our two-week (and longer) sessions, we recommend campers pack in two pieces of luggage. One larger piece (soft-sided trunk or footlocker) can be used for most of the camper's clothing. A smaller duffel bag can be used for sleeping bag, pillow, and other equipment that doesn't fit in the main piece of luggage. The smaller duffel bag will be used for travel to and from overnight trips away from the main camp. For campers traveling by air and coming with only one piece of luggage, a backpack or small sport-sized duffel bag can be packed within your main bag and used for overnight trips. A small backpack is needed for carrying a towel, shower supplies, or other equipment around camp.
- All luggage must be tagged with camper's name. We will send luggage tags in April. Additional luggage tags will be available at camper drop-off on the first day of each session.

# PACKING LIST (CONT.)

## Labels

- All of your camper's clothing and belongings must be clearly labeled with your camper's full name. Items that are not labeled are unlikely to be returned to your camper if lost in the cabin or around camp. For your convenience, GAC will mail you a set of labels with your camper's name in the spring. If you have leftover labels, it's a good idea to send the extras with your camper just in case!

## Shoes

- Our terrain at camp is rough and uneven, and appropriate footwear is a safety requirement. Please make sure your camper has at least one pair of closed-heel and closed-toe shoes that have adequate tread for walking on rocks, dirt, and other uneven surfaces. Running shoes, hiking shoes, or other athletic footwear work well at camp, as long as they fit the camper well and have adequate tread. Other types of shoes (flip flops, Crocs, Converse, etc.) can be worn in the cabin and at the waterfront, but closed-heel, closed-toe shoes must be worn while walking around camp, participating in activities, and traveling to and from camp.

## Packing Systems

- Some campers may require more organization of their clean clothes, and we recommend placing like-items (i.e. all t-shirts, all socks, etc.) together when packing. The degree of organization and how items are packed in the luggage will vary depending on the amount of help a camper needs. Counselors will monitor the cleanliness of campers' clothing, but making it easy to find and select clean clothes is always appreciated. Also, keep in mind that campers will be transporting their toiletries to and from the bathrooms to shower and get ready for bed. A zippered toiletry bag, tote, or shower caddy large enough to accommodate all supplies is helpful.

## Climate

- In general, our daytime temperatures range from 75-85° and campers wear shorts and a t-shirt when they're not in their bathing suits.
- Gold Arrow Camp is located at 7000 feet elevation, and our night time, mountain temperatures can get very chilly. Be sure your camper's sleeping bag is rated to at least 30° (or lower), so that your camper will be warm at night. Sleeping bags used for indoor, overnight sleeping are not sufficiently insulated for camp use.

## What Not To Bring

- Do not send any of these items, as they are not allowed: food, candy (including gum), cash, water guns, silly string, water balloons, sling shots (or any other weapons), electronic games, cell phones, e-readers, sound/music machines, Apple Watches or other watches with connectivity, fireworks, knives, matches, lighters, tobacco, alcohol, or illegal drugs. Items such as cell phones and portable gaming devices will be sent home and the postage will be charged to the camper's store account. For campers traveling by air, cell phones and travel money can be stored in our office.
- Do not send cameras, watches, flashlights or other devices that require electric charging. Campers will not have access to an electric outlet to charge anything during their stay. Batteries are sold in the camp store.
- Do not send valuable items such as expensive cameras and jewelry. Campers may bring a disposable camera marked with their name.
- Send old clothes that do not require dry cleaning or special washing.
- Do not purchase new or irreplaceable items for camp, as they could get lost or ruined.
- Please do not send any personal athletic equipment (water skis, fishing poles, etc.). We provide quality equipment that is sized for our campers.

### Have More Questions?

Please call the camp office at  
**800-554-2267**  
or email at  
**mail@goldarrowcamp.com**

## To Help With Your Packing

Gold Arrow Camp recommends [Everything Summer Camp](#) to help busy parents shop for camp clothing and equipment. It is not required that you purchase items from this vendor. One item we do recommend is the [Pop Up Soft Trunk](#). It is lighter than most hard-sided trunks, keeps its shape when empty, and folds flat for easy storage.