



2023 Camp Archbald Resident Camp Packing List

Bedding:

- Sleeping bag OR twin-sized sheets with warm blankets
- Pillow and pillowcase

Clothing:

- Underwear (enough for each day, plus one extra)
- T-shirts or tops (one for each day)
- 4-5 pairs shorts
- 2-3 long pants (ex: yoga, sweats, jeans)
- 2 sweatshirts/sweaters or warm tops
- 1 Light jacket
- Socks (required daily, pack at least two extra pairs)
- 1 raincoat or poncho
- Pajamas (2 pair – one for warm nights/one for cool nights)
- Bathing suit (at least 1, but 2 recommended)
- 2 pairs sturdy walking shoes with closed toe & good support
- 1 pair waterproof boots/rainboots

Toiletries:

- Medications, if applicable (to be handed to nurse – see note below)
- Deodorant, if necessary
- Insect repellent
- Sanitary napkins or tampons, if needed
- Lip balm or Chapstick
- Shampoo and conditioner
- Soap or body wash
- Toothbrush and toothpaste
- Comb and/or brush
- Sunscreen (SPF 15 or higher)
- Shower shoes (ex: flip flops, crocs)
- 2 towels (one for swimming, one for showering)
- 2 washcloths and hand towels

Equipment and Miscellaneous:

- Small backpack for carrying items around camp
- Refillable water bottle
- Flashlight with extra batteries
- Bandana or hat
- Mess kit or reusable plastic plate and cup with utensils



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Optional Items:

- Stuffed animal/comfort item
- Situpon/small outdoor mat or cushion
- Book(s) to read
- Camera
- Water shoes
- Facial tissue
- Non-scented lotion
- Toiletries case or basket (for carrying items to shower house)
- Notebook/journal and pencil/pen
- Stationary or postcards and stamps
- Sunglasses
- Contact solution, extra contacts, spare glasses
- Playing cards or non-electronic games
- Money for the Trading Post (deposited at check-in, change is returned at check-out. If trading post money was added during registration, disregard this.)

Special Gear: (only for the program listed)

- **Taste of Camp** (both sessions)
 - Do NOT need to pack shower items – due to short length of stay, showers will not be scheduled
- **Paws and Claws**
 - Favorite stuffed animal – optional
- **Splish Splash / H2O Yeah**
 - 2nd bathing suit and towel
- **Horsin' Around / Giddy Up / Back in the Saddle**
 - Jeans or long pants for riding (no leggings)
 - Boot with about a 1-inch heel (preferably with no zipper on the inside)
- **Climb Away**
 - For climbing, longer shorts or capris are highly recommended
- **Water World**
 - 2nd bathing suit and towel – NOTE: park doesn't allow suits with metal decorations or embellishments
 - Water shoes or cros
 - Hat and sunglasses are highly recommended
 - Higher SPF sunscreen
 - If bringing camera/phone, waterproof case is a MUST
 - If you wear prescription eyeglasses, MUST have a holder strap
 - Optional: cash (small amount) for snacks at the park



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- **River Rats**

- MUST have sleeping bag
- Cinch sack for sleeping bag
- Small camp/travel pillow
- Sleep pad – highly recommended
- MUST have hat and sunglasses (with strap) and rain gear
- Water shoes OR old sneakers
- Dry bag - all personal belongings (2 outfits, sleeping gear, toiletries, etc) will be transported in a dry bag for the duration of the trip. Please consider bag size appropriately. When in doubt, larger is better.
- 5-gallon bucket with lid – buckets will be used to store food and as a seat in the canoe
- Gallon Ziploc bags
- Sunscreen SPF 50 or higher
- Non-cotton “river” outfit (ex: athletic wear) – highly recommended
- Warm outfit (sweater, pants, socks) that is wool, fleece, or polypropylene
- If bringing camera/phone, waterproof case is a MUST
- If you wear prescription eyeglasses, MUST have a holder strap
- Volleyball knee pads with cushion – we are sometimes required to kneel in the boat and this will save your knees – highly recommended

For ALL campers, except Taste of Camp:

- Wear your bathing suit under your clothes on the day of check-in
- Bring a small bag/backpack with dry underclothes and a towel
- Swim checks will occur at the lake immediately following check-in and prior to going to the unit to unpack.

Packing Tips:

- Involve your camper in the selecting and packing of items.
- Send clothes that your camper can play and have fun in (PLEASE do not send expensive clothing to camp)
- Mark/label everything...clothing, towels, flashlights, bedding, etc. Full names or first initial with last name is most helpful as campers often have the same initials.
- Pack clothing/belongings into one duffel bag, tote, foot locker, backpack, or suitcase. Luggage will be taken by vehicle to the camper's unit.
- Leave anything of value at home – camp is not responsible for missing articles or items ruined by mildew, dampness, or dirt.
- Remember, campers will be outside most of the time, so clothing suitable for warm days, cool mornings and evenings, as well as rain is needed.



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Medications:

- Pack medication containers in a plastic zip bag with the camper's name printed in permanent marker on the bag
- **ALL MEDICATIONS, VITAMINS, AND SUPPLEMENTS MUST BE IN ORIGINAL CONTAINERS** with the doctor's name, dosage, and any instructions clearly stated
- Nurses **CANNOT** administer medication sent from home, even over-the-counter medication like vitamins, without a signed note from the doctor. A form will be sent home, but any signed note from the doctor with dosage information will be accepted.
- The camp nurse will keep medications, vitamins, ointments, etc. in the Infirmary. On trips, we will send medications, etc. with staff.
- Inhalers, Epi-Pens, and other necessary items will be kept with the nurse **UNLESS** camper has a doctor's note specifying that the camper must keep it with her. The nurse does not have extra Epi-Pens or Inhalers if a camper's gets lost.
- We have a supply of commonly used over-the-counter medicines, so it is not necessary to send these to camp. Nurses have standing orders from a local doctor to administer these medications as needed.
- If you have a question about a specific medication, please contact us

Please DO NOT pack:

- The following items are banned from camp:
 - o Lighters
 - o Fireworks
 - o Weapons
 - o Pets/animals
 - o Alcohol, tobacco, or other illegal substances
- It is also **NOT** necessary to send food, snacks, or candy with girls to camp. Meals are plentiful and snacks are provided. Food in tents or cabins attracts animals (ex: skunks, raccoons, and other wildlife). Campers will be asked to place any food or candy they bring with them in the chuck box (latched box) in the unit's troop house, but storage is very limited.
- Please do not send valuable items, including, but not limited to: iPods, mp3 players, portable DVD players, expensive jewelry, and other similar items. These items are unnecessary at camp and dampness could ruin these items. Also, camp is not responsible for lost, damaged, or stolen items.



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Cell Phone/Electronic Devices Policy

We have thought long and hard about the policy we would have for phones and electronic devices at Camp Archbald. We have come to the conclusion that electronic devices are a part of everyday life for most people. Therefore, campers will be allowed to bring their devices with them. However, phones **MUST** be kept on airplane mode **at all times**. Phones can be used for music/photos/video/reading. Calling and texting will not be permitted while at camp, and if a camper is caught using their phone for these purposes, it will be confiscated until the end of camp. The reasoning for these decisions is that we want to empower girls to solve problems on their own and with their peers. If a camper needs more support than her peers, that is where the counselors come in, along with the support of the camp director. Your child's safety is our priority, and we would always contact you if there was a dangerous or sensitive issue. The last reason is that frequent phone calls/texts to friends and family can often cause homesickness in the camper and the campers around her.

- Please be aware that the camp is NOT responsible for:
 - Lost or stolen devices
 - Broken or damaged devices
- Please be aware that there is no guarantee that the camper will be able to charge her electronic device(s) while at camp. Also be aware that there is no WiFi and that cellular service can be spotty at camp.

Lost Belongings

- Some belongings may be misplaced, left at camp, or packed into another child's bag. If items are labeled with the camper's name, it greatly assists in getting articles returned to their proper owner
- Lost and found items will be kept at the camp director's home for 1 month. Any items not claimed by that time will be donated. Please contact the camp director if items are left at camp
- Camp is not responsible for lost or stolen belongings or any items left at camp.