

# Camp El-O-Win

## Suggested Personal Equipment 3-Day

This Equipment List is for 3 days and includes the clothing your camper wears on the day she arrives at camp. No one knows your camper's habits like you do, so pack accordingly. We suggest packing all items in a duffel bag. Suitcases tend to be bulky so duffel bags are preferred. The soft sided duffels with zippers running the length of the bag are easiest to live out of for a few days. Camp is at 5,500 feet so nights can be in the 30's while days are in the 90's.

### Clothing

- 2 pair cotton pants (well washed)
- 2 pair shorts
- 3 cotton/polyester shirts **with sleeves**
- 3 sets of underwear
- 3 pairs socks (cotton or wool)
- 2 pairs of shoes (not sandals) - one should be an old pair of tennis shoes for wearing in the creek
- Warm jacket with hood (or warm cap)
- Brimmed hat for sun shade
- Warm pajamas or sweat shirt & pants
- Hooded sweatshirt or warm sweater & hat for warmth
- Warm socks for sleeping
- Belt for jeans
- Bag for dirty clothes
- Bathing suit/old shirt & shorts for creek

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### Personal Items

- Ponytail holder if hair is long
- Toothbrush and toothpaste
- Soap - best if biodegradable
- Towel & wash cloth
- Beach towel for swimming
- Comb or brush
- Kleenex
- Chapstick/lip balm
- Hand Lotion
- Insect repellent (non-aerosol)
- Sunblock
- Flashlight
- Bandana
- Deodorant
- Shampoo/conditioner
- Feminine Sanitary Supplies

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### Sleeping Items

- Sleeping bag (if no bag, a bedroll made from several blankets can be used). A mattress and bed will be available for each camper. An extra blanket is great if the sleeping bag is not very warm
- Small pillow
- Favorite stuffed animal (small)

### Other Items

- Glasses case for night storage
- Rain poncho or large heavy trash bag
- Water bottle
- Camera
- Journal and pen
- Book to read

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- Remember the **layered look** is the proper camp style for warmth and to accommodate weather changes. •