

# Packing List



All items brought to camp must be clearly marked with the camper's name. We recommend using Mabel's Labels stick-on labels that can be attached to clothing labels, personal items, shoes etc. We find that Mabel's makes the most durable stick-on labels. They can be ordered from here (Just type in Camp Sequoia):

<https://mabelslabels.com/fundraising/support>

**Please do not mark your camper's clothing items with laundry pens because they fade. Please make sure any items you mark by hand have your child's first name and first initial of their last name.** We will make every effort to ensure that campers take care of their belongings. However, it's possible that some items will become lost or damaged at camp. Please leave valuables at home as we cannot assume responsibility for lost or damaged items. **PLEASE REMEMBER TO LABEL EVERYTHING!** The packing list below details the clothing and equipment that will be needed at camp. This list is a suggested guide. Substitutions can be made for individual preferences and age appropriateness. For those shipping luggage to camp, please sign up for luggage services with [ShipCamps](#).

## Required Items

- ❖ 1 light blue Camp Sequoia t-shirt
- ❖ 1-2 extra Camp Sequoia t-shirts (either color)
- ❖ 8-10 t-shirts
- ❖ 2 pairs pants/jeans (one can be sweatpants)
- ❖ 8-10 pairs of shorts
- ❖ 1 sweatshirt
- ❖ Pajamas
- ❖ 2 pairs of sneakers
- ❖ 12 pairs of underwear
- ❖ 12 pairs of athletic socks
- ❖ 2 standard size twin sheet sets and comforter/blanket
- ❖ 2-3 bath towels
- ❖ 2-3 swim/beach towels
- ❖ 1 shower caddy with handle that includes the following items (soap, shampoo, hairbrush, toothpaste, toothbrush, deodorant, etc)
- ❖ Pre-addressed, stamped envelopes with stationary or postcards
- ❖ 1 pillow with 2 cases
- ❖ Pens or Pencils
- ❖ 1 roll of quarters (3-4 rolls if prone to bed-wetting)
- ❖ 3-4 bathing suits
- ❖ 1 lightweight rain jacket/poncho
- ❖ 1 umbrella
- ❖ 1 plastic flashlight or book light
- ❖ 2 plastic water bottles
- ❖ 1 bottle insect repellent (non-aerosol)
- ❖ 1 bottle sunscreen (water resistant is best)
- ❖ 1 small backpack (for trip days)
- ❖ 1 overnight size bag with zipper (for projects/purchases made during camp)
- ❖ Sunglasses
- ❖ Toiletries (toothbrush, toothpaste, dental floss, deodorant, hairbrush, shampoo, conditioner, shower gel, etc)
- ❖ If camper uses razors or shaving equipment, razors must include a safety holder or razor cap (for Boys Program: shaving equipment must have a compartment for used blades)
- ❖ For Girls Program: please pack appropriate supplies for periods if applicable
- ❖ For Girls Program: Undergarments (a combination of sports and strapped bras) sufficient for her stay if of age

## Optional Items

- ❖ We recommend \$75 spending money per session in small denominations (\$1s,\$5s,\$10s)
  - Hand spending money to a staff member at drop off in a sealed envelope with your camper's name and amount enclosed.
- ❖ Any sensory input items that are helpful (squishy ball, fidget spinner, fidget cubes, etc.)
- ❖ Hand Sanitizer
- ❖ 1 pair flip flops/crocs/aqua shoes
- ❖ 1-2 nice outfits for special events
- ❖ Swim goggles & earplugs
- ❖ Non-electronic games/Playing Cards
- ❖ Sketch pad for drawing
- ❖ Fishing Rod/Tackle box (These will not be kept in dorm rooms for safety)
- ❖ Books
- ❖ Laundry detergent if camper is prone to bed-wetting
- ❖ Old Halloween costumes
- ❖ Small alarm clock
- ❖ Batteries for flashlight
- ❖ Nightlight
- ❖ MP3 player with wall charger and earphones (please do not have games installed on these devices. Any devices that have internet access will not be permitted at camp)
- ❖ Small extension cord
- ❖ Mattress protector and several extra sets of sheets if camper is prone to bed wetting
- ❖ Extra pair of eyeglasses and case
- ❖ Extra retainer case
- ❖ Pictures/posters to hang up
- ❖ Tape or sticky tack to hang pictures/posters
- ❖ Writing journal
- ❖ Portable radio

## Items to **NOT BRING** to Camp

- ❖ Heavy metal water bottles, flashlights, or thermos
- ❖ Knives or other weapons/sharp objects that could be a safety hazard for other campers
- ❖ Gum
- ❖ Glitter
- ❖ Silly putty/sticky putty
- ❖ Glow Sticks
- ❖ Whoopie cushions
- ❖ Golf balls / Golf Equipment
- ❖ video cameras
- ❖ **Cell Phones**
- ❖ air conditioners (Campus has A/C)
- ❖ Sharpies/permanent markers
- ❖ scissors
- ❖ TVs, ipads, touch ipods, tablets, VR devices, Wii, Switch, laptops, Gamboys, etc.
- ❖ scooters
- ❖ Expensive items like go-pros, camcorders, tripods, etc
- ❖ skateboards
- ❖ toys that shoot projectiles (Nerf guns, water guns, sling shots, etc)
- ❖ water balloons
- ❖ mini refrigerators
- ❖ guns or projectile weapons
- ❖ Drugs (all medications and supplements should be packaged as instructed in the Medication Guide and given to the nurses during luggage drop off or mailed to camp in advance. No pill bottles, unlabeled medications, etc. will be accepted. For questions, please consult the linked [Medication Guide](#))
- ❖ Snacks with nuts and other allergens
- ❖ bicycles

Obviously this is not a comprehensive list, but the items above will be confiscated and kept in the office until the end of the session if brought to camp. Please reach out to [info@camp-sequoia.com](mailto:info@camp-sequoia.com) with specific questions on any items to bring or not bring.