

Camp Greenwood Lake Packing List 2022

GEAR

We recommend packing in a duffel bag without wheels or a large backpack, the site is close to the drop-off so it's not backcountry per se, but we would not recommend packing in a suitcase or anything too bulky or ridged as this will simply take up space in the tent or vestibule area

- A sleeping bag**
- Sleeping mat and small pillow**
- Day bag** for water bottle, sunscreen, sun shirt, snack, etc - this is very useful to have when we are away from our basecamp at the lake or in the woods to have quick access to our daily essentials
- Small towel** (quick dry is preferable)
- Mess kit:** plate, bowl, cup for hot drinks, spoon, knife, and fork - all in a mesh bag (labeling makes it easy to locate amongst the many other mess kits)
- Water bottle** (or two) of a good size that closes tightly (labeling it with the participant's name is very useful)
- Flashlight** and or **headlamp**
- Sunglasses** may be useful
- One beach blanket, towel, or mat to sit on and keep the sand and dirt off when at the lake or during downtime to rest in a nice shady spot

CLOTHING

Well-chosen clothes help keep gear at a minimum. While days can often times heat up, the nights are often cool and can sometimes be on the chilly side.

- Long sleeves** keep the sun and bugs off – long pants or over-knee shorts to keep your knees from burning

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- A **sun hat** or **bandana**
- Sweater** or **jacket** for cool evenings
- Rain gear** - this is essential as being wet outdoors is no fun (unless this is due to swimming)
- Sandals** and/or **hiking trail shoes** that you can run in (no flip-flops please)
- Socks, underwear t-shirts, etc**
- Swimsuit** or two

TOILETRIES AND FIRST AID

- Toothbrush** and **paste** (travel size is great)
- Sunscreen** and **bug spray**
- Toiletries for good hygiene:** comb, brush, deodorant, lip balm, moisturizing lotion, etc.
- Small First Aid Kit** with cream for bug bites and aftersun lotion
- Menstrual products**, if needed
- A small chunk or bottle of **biodegradable soap** such as a travel-sized bottle of Dr. Bronners
- All Medication will be kept in a secure and waterproof medical case by one of the directors. Epi-pens and inhalers that remain with the camper should have a note with dosage and usage in a bag in case of emergency.

OPTIONAL

- Frisbee, card games**, or other light fun things
- Pocket knife** or **multitool**
- Hammock**
- Musical **Instruments** (if you dare!)
- Book, notepad, journal, etc**

❑ **Swim Goggles**

THINGS TO LEAVE AT HOME

- ❖ **Phones, Smartwatches**, etc stay home, no electricity to charge. Let's unplug together - As tempting as it may be to bring a phone on the river, it creates problems as we are outdoors and surrounded by water, both of which do not mix well with our phones.
- ❖ Any **Jewelry** that you would not risk losing
- ❖ **Perfumes** and body sprays
- ❖ **No glass** bottles or containers