

# Coastal Camp Packing List

## 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** or blanket/sheet - The nights tend to stay quite warm so a warm sleeping bag is not necessary. Many use a light blanket or even a bedsheet.
- 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 beach or in the woods to have quick access to our daily essentials
- Small towel** (quick dry is preferable)
- Mess kit:** plate, bowl, cup, 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**
- One beach blanket, towel, or mat to sit on and keep the sand or dirt off

## CLOTHING

Well-chosen clothes help keep gear at a minimum. While days can often heat up especially while flying kites at the beach, 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
- A **sun hat** and/or **bandana**

**Rain gear** - this is essential as being wet outdoors is no fun (unless this is due to swimming)  **Water shoes** and/or **sandals** that you can run in (flip-flops are not ideal)

**Socks, underwear, t-shirts shorts, 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

A **small Towel, cloth, or bandana** (a hand-sized towel is nice) to wipe your face with at the beach or throughout the day

**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