

Camp High Places
 2735 Village Drive,
 Ione, CA 95640
 Tel. (209) 274-2099
 Fax. (209) 729-1913
www.camphighplaces.com
info@camphighplaces.com



Packing List

(two week and 10 day trip)

Please use the following checklist as a guideline (**Please label everything!**)

CLOTHING:

- | | |
|---|---|
| <input type="checkbox"/> 4 - 6 T-SHIRTS | <input type="checkbox"/> SNEAKERS |
| <input type="checkbox"/> 3-4 PAIRS OF SHORTS | <input type="checkbox"/> 2 SWIMSUITS |
| <input type="checkbox"/> 1 PAIR OF LONG PANTS | <input type="checkbox"/> BATH TOWEL |
| <input type="checkbox"/> 1 WARM LONG SLEEVE SWEATER | <input type="checkbox"/> 2 PAIRS OF NIGHT CLOTHES |
| <input type="checkbox"/> 7 PAIRS OF UNDERWEAR | <input type="checkbox"/> HAT (SUN PROTECTION) |
| <input type="checkbox"/> 3 PAIRS OF SOCKS | <input type="checkbox"/> SANDALS/WATER SHOES |

NOTES: _____

BEDDING:

- | | |
|--|---|
| <input type="checkbox"/> SLEEPING BAG | <input type="checkbox"/> SMALL SLEEPING PAD |
| <input type="checkbox"/> EXTRA BLANKET (IF NEEDED) | <input type="checkbox"/> SMALL PILLOW |

NOTES: _____

OTHER ITEMS:

- | | |
|--|--|
| <input type="checkbox"/> SOAP & SHAMPOO | <input type="checkbox"/> TOOTH PASTE & BRUSH |
| <input type="checkbox"/> COMB/BRUSH | <input type="checkbox"/> SMALL TOILETRY BAG |
| <input type="checkbox"/> SUN BLOCK | <input type="checkbox"/> BUG REPELLANT |
| <input type="checkbox"/> BEACH TOWEL | <input type="checkbox"/> LAUNDRY BAG |
| <input type="checkbox"/> DISPOSABLE CAMERA (PUT A NAME ON IT) | <input type="checkbox"/> STUFF FOR LETTERS HOME |
| <input type="checkbox"/> <u>WATER BOTTLE (REQUIRED)</u> | <input type="checkbox"/> FLASH LIGHT (EXTRA BATT.) |

NOTES: _____

MAY ALSO BRING:

- | | |
|---|---|
| <input type="checkbox"/> FISHING EQUIPMENT | <input type="checkbox"/> DAY PACK |
| <input type="checkbox"/> SUNGLASSES | <input type="checkbox"/> BANDANA |
| <input type="checkbox"/> FOOD (FOR SPECIAL REQUIREMENTS) | <input type="checkbox"/> A GREAT ATTITUDE!! |
| <input type="checkbox"/> IPODS OR WALKMAN (CONDITIONAL ON AGREEING TO USE ONLY ON APPRIORATE TIMES SUCH AS QUIET TIMES, TRAVELLING AND AT NIGHT TO SETTLE DOWN. CANNOT BE USED ON SOCIAL TIMES) | |

- Do NOT BRING:**

 - VALUABLES
 - AEROSOLS
 - BOOM BOXES
 - COMPUTERS
 - HAND HELDS
 - CELL PHONES
 - ILLEGAL DRUGS
 - FIREWORKS
 - ALCOHOL
 - CANDY/GUM
 - MATCHES
 - CANDLES
 - LIGHTERS
 - GUNS/KNIVES
 - TOBACCO
 - JEWELRY
 - SKATEBOARDS
 - GRANDMA
 - ROLLER BLADES
 - DVD PLAYERS
 - TRUNKS
 - MIRRORS/GLASS
 - ADULT MATERIAL
 - ANIMALS
 - SHARP TOYS
 - SLEEPING COT
 - BIKES

Guidelines (Please read)

Please remember that we have limited space in our vans. Because of this, we ask all campers to limit the amount of belongings they bring. Each camper can only bring as much luggage as they can carry. Plan on bringing enough clothes to wear for one week. We do laundry in the middle of the trip and more often if necessary. The best kind of bag is a soft duffel or backpack. We cannot accept hard trunks or anything that cannot be easily transferred from van to tent on our five camp "change" days.

Kids should come to camp prepared for participating in physical activity, keeping warm during the evenings and cool during the days, and with enough clothes to remain clean, healthy, and happy. Please send appropriate clothing with your camper, taking into consideration the weather and camp activities. We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, climbing, and hiking through the woods.

We include things such as IPODS and fishing gear on the list for campers who may have their own equipment that is special to them. Camp has all of the gear they will need, so please don't buy optional items just because they appear on the list. If you have any questions regarding other optional items do not hesitate to call.

There is a laundry service so campers do not need to bring enough clothes for the whole session. Pack for 7 days and we'll all do laundry after the first week.

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Please review the list of things you are sending with your camper so they know what clothing and personal items should return home. Remember that your camper's belongings can get lost or misplaced; therefore refrain from sending anything of significant value or considerable sentimental worth.

Luggage should be compact and easy to carry – duffels are great.

All medications, prescription and over the counter, will be given to our staff upon arrival, so please don't bury them deep in the bags. **All medications (even over the counter) need to be given to our staff to be administered as needed** even if your child is self medicating at home. **This is very important since other campers may be allergic to even the most benign drugs!**

Please review and respect the "**do not to bring**" list above. Achieving the social objectives we set forth for our campers requires the creation of a particular camp and social community. Things such as games and boom boxes work directly against these objectives, and hamper the experience and social growth of all of our campers. Taking the time to sit down with your camper and go through their gear a day or so prior to camp can give you the opportunity to discuss how they are feeling about their time away from home, address any anxieties or questions they may be having, and gain a good idea of exactly what they are bringing to camp (you'd be surprised at some of the things that show up).

We make a special exception for IPODS and personal music devices if campers agree to use them only at times were they are no expected to be social. **Campers also agree to take them off if a staff member of camp feels that the campers should be social at any time.**

Please make sure that everything fits in one bag. We change locations a few times on our trips and keeping all things in one bag makes it easier for campers and staff.