



## Camp Abbey Packing List

### General Hints and Suggestions

- **Prepare Together** – Decisions about camp, like what to pack, should be made together. The more ownership your camper has in these decisions, the easier the adjustment and transition to camp will be.
- **Plan Ahead** – Remember your camper will be living out of a duffel bag, trunk, or suitcase for the week. Packing light helps campers keep track of items and guarantees that they can handle their own luggage at camp.
- **Stay Organized** – For younger campers, we have found that placing each day's worth of clothing in a large zip lock bag is really helpful for dressing in the morning. Also, pack a small toiletry kit or basket so your child can carry to the bathroom and keep track of essentials such as soap, shampoo, toothpaste, toothbrush, deodorant, comb, and brush. A plastic pencil box makes a great toiletry kit.
- **Pack Old Clothes** – Old clothes are recommended. Camp can get muddy and campers should not come with expensive clothes. We suggest packing a plastic trash bag for your camper to pack their wet/dirty clothes.
- **Pack Appropriate for a Catholic Camp** – Please note that Camp Abbey is a Catholic camp and all clothing should be modest, in good taste, and not contain inappropriate images or slogans. Modesty is the best policy. Shoes and shirts must be worn at all times during meals and activities with the exception of certain sports and swimming. Halter tops, spaghetti straps, bare-midriff shirts, and anything with inappropriate slogans or logos are not allowed. One-piece swimsuits are required for girls. If a girl arrives with only a two-piece swimsuit, she will be required to wear a T-shirt over it. "Speedo" style swimsuits for boys are not allowed. *The staff reserves the right to ask anyone to change his or her clothing if, in the opinion of the staff, it does not comply with these standards of modesty.*
- **Pack Closed and Comfortable Shoes** – **Campers must wear closed-toe, closed back shoes.** Crocs, Chacos, or strapped sandals are NOT permitted at camp. Flip-flops and shower shoes are allowed ONLY in cabins or for scheduled swim time. Make sure your child's clothing and footwear are comfortable and appropriate. Sending a camper in brand new shoes can result in sore feet, blisters, and time spent sitting out of activities. Because shoes will get muddy, please send your camper with at least two pairs. Do not send expensive shoes.
- **No Laundry Available** – Laundry service is not provided during camp.
- **Label Everything** – Laundry pens, iron-ons, and press and stick labels will distinguish your camper's belongings from others'. Please label each item including clothing, personal items, and toiletries. Make sure your child can identify the labels used.
- **Limit The Over-the-Counter Medicine You Send**—Camp Abbey employs a registered nurse who is on staff at all times during summer camp. We also have a stocked infirmary with pain relievers, cold and allergy medicine, antacids, Band-Aids, antibiotic ointment, etc. Any medicine brought to camp, whether prescription or over the counter must be checked in with the nurse. It must be in the pharmacy-provided packaging. Medication in weekly pill organizers will be rejected. You can avoid waiting in line to see the nurse at check-in by not packing medicine that we already have stocked in our infirmary.

### CLOTHES TO BRING

- Hat or cap**
- 6 - 8 T-shirts** (no spaghetti straps, halter tops, or low necklines)
- 6 - 8 pairs of socks**
- 6 - 7 pairs of modest-length shorts** (no short shorts)
- 6 - 8 pairs of underwear**
- 2 swimsuits** (must be one-piece for girls, no "speedo" style for boys)
- Pool Towel, Swimming goggles and/ other necessary personal pool accessories (no pool toys)**
- Pajamas**
- 1 pair of flip-flops** (for the pool and shower only)

- ❑ **2 pairs of tennis shoes** (these may get wet and muddy).
  - **1 pair may be “water shoes”** for river hikes and wet days. **HOWEVER**, the soles must be thick and it must be a full shoe. Speedo Kids’ Shore Cruiser, Keen Rockbrook CNX, Teva Youth Churn, and Columbia Big Kid Soaker Water Shoe are all great options and are available online and at local sporting goods stores.
- ❑ **1 laundry or trash bag** (for dirty/wet clothing)
- ❑ **1 inexpensive rain poncho**
- ❑ **jacket, sweatshirt or sweatpants for inside air conditioned buildings (for cold-natured campers)**

#### **OTHER ITEMS TO BRING**

- ❑ **Sleeping bag or sheets/blanket for single bunkbed**
- ❑ **Pillow**
- ❑ **Bath towels and washcloths**
- ❑ **Toothbrush & toothpaste**
- ❑ **Soap & soap case**
- ❑ **Shampoo**
- ❑ **Deodorant**
- ❑ **Comb/brush** (hair clips and pony tail holders for girls)
- ❑ **Prescriptions/medications** (to be given to nurse at check-in). Must be in pharmacy-provided packaging.
- ❑ **1 small flashlight with batteries**
- ❑ **SPRAY-ON sunscreen**
- ❑ **sunglasses (optional)**
- ❑ **Lip balm**
- ❑ **Bug spray/mosquito repellent**
- ❑ **Feminine hygiene products** (if applicable)
- ❑ **FOR CAMPERS COMPLETING 5<sup>TH</sup> GRADE AND OLDER- a sleeping bag** (for possible one-night outdoor camping experience) (**boy’s camp**)

#### **OPTIONAL ITEMS TO BRING**

- ❑ 1 age-appropriate book
- ❑ Small backpack
- ❑ Bible and Rosary
- ❑ Stationary with stamped and addressed envelopes to write home
- ❑ Musical instrument (Camp Abbey is not responsible for any damage)

#### **PLEASE DO NOT BRING**

- ❑ Cell phones, laptop computers, or tablets
- ❑ Cameras
- ❑ Radios, iPods, MP3 players
- ❑ Handheld and/or other video gaming devices
- ❑ Spending money/cash (tokens are provided for snacks in the canteen)
- ❑ Medication in “Weekly pill organizers”
- ❑ Valuables
- ❑ Snacks
- ❑ Alcohol
- ❑ Drugs
- ❑ Guns, hatchets, knives
- ❑ Fireworks, matches, lighters, cigarettes
- ❑ Scooters or skateboards
- ❑ Expensive clothes or shoes
- ❑ Athletic equipment