



GENERAL PACKING LIST - 2008

The Mountain Retreat & Learning Centers Inc., PO Box 1299 Highlands, NC 28741-1299
(828) 526-5838 ext. 0 ♦ fax (781) 846-1295 ♦ info@mountaincenters.org

Camper's Name: _____

Encourage your camper to use this sheet to list everything brought to camp and to check again when departing from camp. Campers **DO NOT** have access to laundry facilities (except for long term programs). **PLEASE NOTE:** The Mountain is not responsible for lost items. Lost & Found items that are not claimed within a week of the end of a session will be donated to a needy cause. We will return items found only upon request and at your cost.

ESSENTIAL ITEMS (please label EVERYTHING with camper's first and last name!!)

- | | |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| <input type="checkbox"/> raincoat or poncho | <input type="checkbox"/> sweaters or sweatshirts (3) |
| <input type="checkbox"/> sturdy walking shoes | <input type="checkbox"/> long sleeved shirts (4) |
| <input type="checkbox"/> water shoes (shoes to wear in stream and rivers must be secure on feet – NOT flip flops!) | <input type="checkbox"/> short sleeved shirts (10-12) |
| <input type="checkbox"/> twin sheets and pillowcase | <input type="checkbox"/> shorts (7-8) |
| <input type="checkbox"/> sleeping bag (preferred) or 2 blankets | <input type="checkbox"/> pants (2-3) |
| <input type="checkbox"/> pillow | <input type="checkbox"/> plastic 1-2 quart water bottle – very important |
| <input type="checkbox"/> towels (3) | <input type="checkbox"/> personal items (toothbrush, toothpaste, comb, shampoo, soap, etc.) |
| <input type="checkbox"/> washcloths (2) | |
| <input type="checkbox"/> flashlight and batteries | |
| <input type="checkbox"/> day pack (light backpack with shoulder strap) | EXTRAS you may want: |
| <input type="checkbox"/> sleep wear | _____ |
| <input type="checkbox"/> windbreaker or light jacket | _____ |
| <input type="checkbox"/> bathing suit (1-2; bikini's are not recommended) | _____ |

OPTIONAL ITEMS (also all labeled):

- | | |
|------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> props for talent night |
| <input type="checkbox"/> musical instrument(s) | <input type="checkbox"/> tapes/cd's |
| <input type="checkbox"/> games, cards, etc. (Non-electric games ONLY) | <input type="checkbox"/> spending money (\$20 maximum) |
| <input type="checkbox"/> special clothes/costumes for dress up, dances, etc. | _____ |
| <input type="checkbox"/> camera and film | _____ |
| <input type="checkbox"/> books (including inspirational readings, etc.) | _____ |

PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS (Must be given to staff at check-in)

DO NOT BRING ANY OF THE FOLLOWING:

Non-prescription medicine or first aid supplies
Radios, tape/CD players
Handheld Electronic Games
CELL PHONES!!
Insect repellent

Tobacco, Illegal Drug, or Alcohol products (*possession of these items is contrary to the signed personal agreement and will result in dismissal*)
Weapons of any kind (slingshots, pocket knives, etc.)

Our staff is trained in First Aid and we have ample medical supplies. Call the Youth Programs Director at (828) 526-5838 ext. 241 if you have a particular issue or questions related to first aid and/or non-prescription medications.