

# Express Camp Packing List



Please use your best judgment when packing for camp. Clothes, bathing suits, and shoes should be athletic type and functional as we are very active at camp and your clothes need to keep up with you. You may be playing on a water mat, ziplining, or playing field games while here, so pack accordingly. Camp can also be dirty and messy, so we do not recommend bringing new clothing.

## What to Bring:

- 3-4 Outfits (including underwear and socks)
- Jacket or sweatshirt
- 2 pairs of shoes: tennis shoes and water shoes
- Bathing suit
- Rain jacket or poncho
- 2 towels (for showers and swimming)
- Toiletries
- Pillow
- Twin sheets and blanket
- Water bottle
- Flashlight/headlamp with batteries
- Bug spray (non-aerosol)
- Sunscreen
- Backpack (to carry water bottle, towels, etc.; preferably not string backpacks)
- Medications (both prescription and over-the-counter, in original container to be given to the Camp Nurse)
- Stationary, envelopes, and stamps (you may want to pre-address the envelopes)
- Pen or Pencil

## What Not to Bring:

- × Pets
- × iPods, headphones, cell phones, video games, computers, or any other electronic devices
- × Food, candy, or gum
- × Tobacco products, alcohol, or drugs
- × Fireworks, firearms, or other weapons

NaCoMe is not responsible for lost, stolen, or damaged personal items of campers. Please be sure to label your belongings and to leave all valuable items at home. If you have any questions about packing, please feel free to contact us at [summercamp@nacome.org](mailto:summercamp@nacome.org) or 931.729.9723.