

# Adventure Camp Packing List

**PLEASE LABEL ALL ITEMS WITH YOUR CAMPER'S FULL NAME!**

This is a list of suggested clothing and items to bring to camp, as well as a list of things to leave at home!

This list will help ensure that your camper is well-prepared for their adventure in the mountains. Please follow the packing guidelines carefully and remember the following:

- **Comfort is Key:** Pack with comfort in mind, considering the mountain climate.
- **Electronic Devices:** iPods/iPads (unless used as a primary augmentative communication system), DVDs, and cell phones are not allowed. If your camper needs electronic devices for regrouping, please consult with the Adventure Camp Manager and your camper's counselor beforehand.

## **Clothing**

- Light jacket (wind resistant)
- Warm jacket or coat
- Rain gear
- 2 sweatshirts or long-sleeved shirts
- 2 pairs of long pants
- 5 short sleeved shirts
- 3 pairs of shorts
- 2 pairs of pajamas
- 6-7 pairs of socks
- Underclothes (enough for 6 days)
- Swimsuit – one piece for females and trunks for males
- 1 beach towel for swim & raft day
- Tennis shoes
- Sport sandals.
- Closed heel shoes/sandals are required for rafting (recommend water shoes or Texas/Chacos)
- Hat for sun protection
- Sunglasses
- Water bottle (PLEASE label with first and last name! These often get left behind)

## **Toiletries**

- Hairbrush/comb
- Toothbrush and toothpaste
- Shampoo and conditioner
- Shower gel
- Sunscreen
- Bug repellent
- Deodorant

## **Other**

- Day pack or fanny pack
- Laundry bag
- Spending money (\$25-30 cash in envelope with your camper's name on it) for Grand Lake Day/Winter Park Day. You can give this to your camper's counselor at check-in to hold until Friday.

Please make sure to double-check your packing list before departure and ensure all items are labeled with your camper's name. We hope your camper has a fantastic time at Adam's Camp!

# Therapy Camp Packing List

**PLEASE LABEL ALL ITEMS WITH YOUR CAMPER'S FULL NAME!**

This is a list of suggested clothing and items to bring to camp, as well as a list of things to leave at home!

This list will help ensure that your camper is well-prepared for their adventure in the mountains. Please follow the packing guidelines carefully and remember the following:

- **Comfort is Key:** Pack with comfort in mind, considering the mountain climate.
- **Electronic Devices:** iPods/iPads (unless used as a primary augmentative communication system), DVDs, and cell phones are not allowed. If your camper needs electronic devices for regrouping, please consult with the Therapy Camp Manager and your camper's lead therapist beforehand.

## **Every Day Items**

- Backpack
- Lunch bag with lunch and snack
- Water bottle clearly labeled with first and last name!
- Sunscreen (Please do first application before arrival)
- Hat for sun protection
- Extra clothes, underwear, diapers and/or pull-ups
- Communication devices/notebooks
- Adaptive equipment
- Car seat

## **Special Activity Days**

### **Swimming**

- Swimsuit and towel
- Swim diaper
- Goggles

### **Horseback Riding**

- Long pants
- Closed-toe shoes (sneakers, hiking shoes, or boots)

### **Climbing Wall**

- Closed-toe shoes (please, no crocs!)

### **Canoeing/Lake Fun**

- Hat & sunglasses
- Water shoes

### **Sleepover (Trailblazer and Pioneer only)**

- Sleeping bag, pillow, and pajamas
- Toothbrush/toothpaste

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