

Pok-O-MacCready Camps Day Camp Packing List

Pok-O Packing Guidelines



- 1.) You **MUST** use **permanent marker or labels** with your child's name on everything you send to camp. This facilitates our daily lost and found practices, and makes it much more likely that your child will return home with what they left with.
- 2.) Pok-O is all about fostering independence, growth, and responsibility. **Involve your child in the packing process!** This is a great way to bond, support their time away, and help your camper remember what they *actually* brought to camp. :-)
- 3.) We are a rustic camp, and believe **simplicity is integral to the Pok-O experience**. Please use the numbers below as maximums as well as minimums. When campers bring an excessive amount of clothing, it can create an unequal dynamic.
- 4.) Send day campers with a bag of items to stay at camp on the first day, and a daily pack with items for morning classes.
- 5.) We are a **screen-free** camp. Please help campers take a break by leaving phones, smart watches, etc. at home. If these items do arrive at camp, they'll be placed in the office for safekeeping until departure day.
- 6.) **Blue links** lead to a version of the item that works well for our campers. The best equipment is the equipment that you already own. If you do need to make a purchase, we recommend what we've linked to, or something similar.
- 7.) You don't need to spend a lot of money, or have a big environmental impact to outfit your kids for camp. Remember, **thrift stores** can be great places to find wool sweaters, kids raincoats, t-shirts, etc.

Items to Stay at Camp

- 1 Towel
- 1 Set of Twin Sheets
- 1 Blanket
- 1 Pillow
- 2 Pairs of socks (including 1 wool/poly blend for wilderness trips)
- 2 Pairs of underwear
- 2 T-shirts (including 1 synthetic for hiking and athletics)
- 1 100% cotton white t-shirt for tie dying
- 1 Pairs of shorts
- 1 Fleece or wool sweater
- 1 Swimsuits

Items for daily pack

- 1 Raincoat
- 1 Swimsuit
- 1 Towel
- 1 Pair of sport sandals (Teva, Chaco, Keene, or similar)
- 1 Non-breakable water bottles, 1 liter each (Nalgene brand bottles available at camp store)
- 1 Sunscreen (lotion only)
- Some Book/Magazine/Writing material

Optional Items:	Camera, tennis racket, fishing pole/tackle, other sports equipment, musical instrument, portable music player without a screen (but with earphones) insect repellent lotion (<20% deet), BOOKS for rest hour and bedtime!!!
Hikers:	overnight pack sleeping bag optional water bag with hydration kit
Mountain Bikers:	Mountain Bike (optional) and helmet
Horseback Riders:	Riding boots, jodhpurs (optional), riding jacket (optional), riding helmet with chin strap (approved by U.S. Pony Club, Inc.), protective vest (optional). Please let Brian know if your camper will need to borrow any items (no fee).

WARNING: Camp can be a wet and muddy experience. Don't be surprised if a little bit of the Adirondacks comes home with your child :-)

PLEASE DO NOT PACK: FOOD, knives, firearms, archery equipment, screens (including cell phones), age inappropriate materials (check ages on board games), clothing with questionable messaging, or anything relating to tobacco or illicit drugs