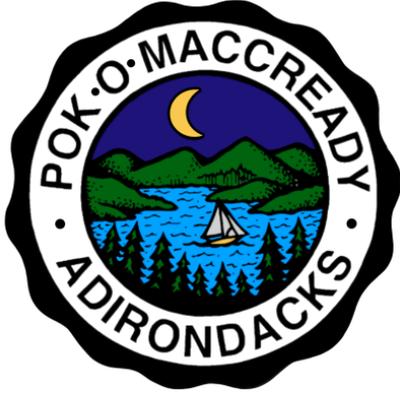


# Pok-O-MacCready Camps Overnight Packing List

## 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. Unlabelled items will not be mailed home at the end of camp.
- 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
- 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.) Pack in **soft duffles** or backpacks. No trunks or hard-sided cases, please!
- 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.

- 3 Towels
- 2 Washcloths/Loofas
- 2 Sets of Twin Sheet
- 1 Blanket
- 1 Pillow
- 1 Laundry Bag
- 10 Pairs of socks (including 2-3 wool/poly hiking socks)
- 10 Pairs of underwear
- 9 T-shirts (including 1-4 synthetic for hiking and athletics)
- 1 100% cotton white t-shirt for tie dying
- 5 Pairs of shorts
- 2 Pairs of pajamas
- 1 Sweatshirt (not for hiking)
- 1 Sweatpants (not for hiking)
- 1 Fleece or wool sweater
- 1 Pairs of synthetic hiking/athletic pants
- 3 Swimsuits

- 1 Raincoat
- 1 Baseball cap/sun hat
- 1 Wool or fleece hat
- 2 Pair of sneakers
- 1 Footwear for hiking (traction and comfort, boots unnecessary)
- 1 Pair of sport sandals (Teva, Chaco, Keene, or similar)
- 2 Non-breakable water bottles, 1 liter each (Nalgene brand bottles available at camp store)
- 1 Sunscreen (no spray bottles)
- 1 Small backpack for day hikes/around camp
- 1 [Headlamp, preferably rechargeable or flashlight](#)

Some Writing paper, pen, and envelopes (pre-addressed and stamped for younger campers)

### For Vespers/Dress-Up Occasions:

- 2 Dressy outfits  
(Think school picture day: dress, collared shirt & khakis, etc.)

<b>Toiletries:</b>	Hairbrush, toothbrush, toothpaste, anti-bacterial soap, nail clippers, shampoo/conditioner, hair ties, bathrobe (optional), shower tote (opt.)
<b>Optional Items:</b>	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!!!
<b>Hikers:</b>	<a href="#">overnight pack</a> <a href="#">sleeping bag</a> <a href="#">optional water bag</a> <a href="#">with hydration kit</a>
<b>Mountain Bikers:</b>	Mountain Bike (optional) and helmet
<b>Horseback Riders:</b>	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).

**Costumes!!!** You never know when you might end up at a wacky camp event that takes place in ancient Greece, Colonial America, or the Marvel Universe. Send campers with a couple of costume items to add some flare to these events, but don't worry about covering all your bases. You'd be amazed by the number and quality of costumes our campers and staff create with a bedsheet and a little duct tape!

**Laundry** goes out once per week. There is a one day turnaround, so campers do not need a lot of extra clothing. Pok-O will provide bedding for international campers.

**EXTENDING SESSIONS:** This packing list is sufficient for all of our sessions. If your child requests to extend from two to seven weeks, you won't need to send any more clothing or equipment. If you think this might be a possibility, consider sending your camper with a few extra envelopes and books.

**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