



# 1 Week Session Packing List

This packing list serves as a guide. **Please label all clothing with your camper's FULL NAME.**

1 Week Campers will NOT do laundry while they are at SMA. Avoid bringing expensive clothing articles or ones that require special laundering. SMA is not responsible for lost or damaged personal items.

## Clothing

- 5-6 shorts
- 5-6 T-shirts/tank tops (*at least 1 that is tech / quick dry for the river*)
- 1 long sleeve tech / quick dry shirt for the river
- 1 long pants
- 1 pair sweatpants
- 1 sweatshirt
- 1 warm jacket or fleece
- 1 poncho or raincoat
- 6 pair underwear
- 6 pair socks
- 1 pair pajamas
- 2 bathing suits

## Linens

- 1 blanket
- 1 set of sheets
- 1 pillow with pillowcase
- 1 bath towel
- 1 beach towel
- 1 mesh laundry bag

## Camping Equipment

- 1 sleeping bag with stuff sack
- 1 pad for under sleeping bag
- Headlamp w/ extra batteries
- 1 medium size duffel bag or backpack (Must fit sleeping bag and personal clothes on camping trips)

## Toilet Articles

- Toiletry Bag/Shower Caddy
- Toothbrush/Toothpaste
- Body soap or soap dish
- Shampoo/Conditioner
- Brush/Comb
- Deodorant

## Footwear

- 2 pair sneakers or trail shoes
- Flip-flops
- 1 pair of sandals with straps that will stay on in the water** (Chacos, Tevas, Keens, etc.)  
*\*These are required to go White Water Rafting and Canoeing*

## Required Items: Camper must have these items for every activity!

Reusable Water Bottle

**Day Pack:** Should be big enough to pack water bottle, beach towel, sunscreen and other miscellaneous items. Please label the pack with your child's name.

## Optional Items

- Books / Journal
- Photos from home
- Musical instruments
- Stationery/stamps
- Favorite stuffed animal

## Sports Equipment

- We provide all sports equipment, but you may bring:
- Tennis Racquet
  - Fishing Rod
  - Climbing Shoes & Harness
  - Mountain Bike
  - Bike Helmet, Camelback, Gloves, ETC.

**DO NOT BRING:** Cell phones, Tablets, E-Readers, and other expensive electronic devices. Phones brought to camp will be stored in camp office safe. Cameras, iPods, other electronics, jewelry, and items of sentimental value that you cannot afford to lose should be left at home.

**Medications:** Any non-over-the-counter medications need to be turned over to camp office upon arrival. Please send enough for camper's entire stay. Parents must complete the Camper Medication Form found in the Pre-Camp Packet.

**How to Pack:** We encourage you to pack all items in

- A trunk or bin (max height "18)
- A duffel
- A suitcase.

**Campers using camp van service:** Depending on the number of campers in the van you may need to ship luggage 5 days before camp using UPS or FedEx. Jud will contact you pre-camp regarding shipping luggage.

**Ship trunks/duffels:** If you are required to ship your luggage to camp, please send it to:

**[Your Camper's Name], c/o.Stone Mountain Adventures, 9803 Old Hawn Road, Huntingdon, PA 16652**