



Teen Winter Retreat Packing List

The following clothing and equipment list is for your guidance. From experience, we have found that teens generally need no more than what is listed below. Try your best to pack light, but stay warm!

Please DO NOT bring valuables or any electronic devices with a screen to camp (see our Screen-Free policy on pages 8 and 9 of the Parent-Camper Guidebook)

Clothing

- 1 pair of sneakers
- 1 pair of hiking boots/waterproof winter boots
- 4 pairs of socks (including 2 pairs of thin wool socks for hiking)
- 2 pairs of underwear
- 1 short sleeve shirt/tank top
- 3 long sleeve shirts
- 2 pairs of jeans/long pants
- 1 pair of pajamas
- 1 sweater/sweatshirt
- 1 warm jacket
- 1 warm hat
- 1 pair of mittens or gloves
- 1 rain jacket or poncho

Bedding

- 1 pillow
- 1 fitted sheet for a twin size bed
- 1 sleeping bag (rated at 20° F)
- Flannel/fleece sleeping bag liner or blanket for extra warmth

Toiletries

- 1 bath towel
- 1 toothbrush
- Toothpaste
- Shampoo/soap
- Hairbrush/comb
- 1 Sunscreen and lip protection (SPF 30 or higher)
- MEDICATION:** Bring to the bus with your completed MARS form and give to med check-in staff

Other Important Items

- 1 quart-sized water bottle
- 1 daypack (school backpack without wheels)
- 1 flashlight or headlamp with extra batteries

Optional

- Disposable camera, polaroid or digital camera without internet capability
- Supplies for talent show
- Books, journals, sketchbooks and pens/pencils, quiet time activities