

# Camp WA WA Segowea Packing List!

**First: Label Everything & Think Layers!** Permanently write or use sewn or ironed-on labels that include the first and last name.

Even in the peak summer months, mornings and evenings can be chilly. It's common for the day to start out in the 50's – 60's and then heat up to the 80's or low 90s during the afternoon.

**Second: Don't pack anything of high value (including precious clothes or jewelry, electronic items, library books etc) or any food or candy items.**

Things do get lost, damaged, and/or borrowed while at camp. Old t-shirts, sweatshirts and shorts are quite the style at Camp!

**Also: A rain jacket or poncho is a must!** Summer in the Berkshires is hard to predict. We can have no rain for days or a week of rain. Also, because dampness can last for a long time, it is common for things to mildew. Pack all stationery in plastic bags to prevent the envelopes from self-sealing!

**Trunks or sturdy suitcases work best for packing items:** Campers live out of their trunks and most prefer the traditional hard trunk. However soft trunks and plastic ones work just fine. Duffel bags can be stored under their beds.

**Laundry is available mid-session!** Dirty laundry is taken out once a week, on the weekend in the middle of the two-week session, for a charge of \$10 per bag. Therefore your camper really only needs clothes for one week, even if they are coming for 4 weeks. Laundry charges will be applied to each camper's camp store balance.

**DID WE MENTION TO LABEL EVERYTHING?!!!!**

***A Special Note About Cell Phones:*** Campers are not allowed to have cell phones at camp and there is no cell reception or wifi available. While it may seem counter-intuitive, we have found that campers who bring cell phones have a harder time adjusting to camp life and can have more difficulty with homesickness.

***A Special Note About Electronic Screens:*** Campers are not recommended to have electronic screens at camp, and screens can not leave cabins or be used after lights out if they are brought. We suggest that campers do not pack tablets (e.g., iPads), e-readers (e.g., Kindles or Nooks), or iPods with touch screens (iPod Touch or iPod Nano). Beyond the practical rationale for not packing these electronic items—there is one electrical outlet in our cabins available for recharging and camp is a place where any device can break very easily—we strive to make camp a place for slowing down, “unplugging” from our devices, and for being more fully engaged with those around us. **We do allow campers to listen to personal music at rest hour and**

*before bed (i.e., only in the cabin), and suggest inexpensive, alkaline battery-powered players.*

### ***Suggested Packing List***

Here is a list of things to bring to camp. While the items and quantities are “suggested,” we’ve found these items to be important. It’s also important to note that camper laundry is washed once a week.

2-3 bath towels	1 beach towel
2 bathing suits	3 washcloths
7-10 T-shirts/shorts	1 pillow and 2 pillowcases
1 frame backpack (teen camp only)	1 pair hiking boots (teen camp only)
1 set of twin size sheets	2-3 pair long pants/jeans
1 sleeping bag	2 sweatshirts or fleece pullovers
1 sleeping bag	2-3 sets pajamas
1-2 pair tennis/sneaker shoes	raincoat or poncho
1 pair water shoes with straps (i.e. Tevas, crocks or other water sandals)	lightweight jacket or fleece
1 pair shower shoes or flip-flops	toiletries and shower caddy
Toothbrush & toothpaste	laundry bag
1 dress outfit for end of session dance	flashlight/batteries
1 backpack (not on wheels)	sunglasses

1 water bottle	insect repellent
10 pair socks	sunscreen
10 pair underpants	inexpensive camera or disposable camera

Optional Items to Pack:

An extra pair of glasses or contacts	Feminine hygiene products
Bras/sports bras	Lip balm
Small games	Books
Playing cards	Sunglasses
Pre-addressed, pre-stamped stationery (in zip lock bags to protect from moisture).	Blanket
<b>** SPECIAL REQUIRED ITEMS FOR TEEN CAMP SESSION 2: AT CHALLENGE</b>	
<b>**1 frame style hiking backpack</b>	
<b>**1 pair sturdy hiking shoes with ankle support (already broken in)</b>	

***The Camp Store***

“The Canteen” is the camp store where campers have the opportunity to purchase light snacks and ice cream treats, t-shirts, and a few other basic supplies. We recommend setting a budget of \$20 per week for their camp store account. Laundry is also available each weekend at a charge of \$10 per bag. We collect the final balance on the last day of camp.