

## **Point Reyes Nature Science Camp Equipment and Clothing List (Ages 7-12)**

### **ESSENTIAL ITEMS:** (Please bring ALL of these items)

- \* Sack lunch for Monday, labeled with name
- \* Quart-size water bottle/canteen (plastic water bottle or Gatorade bottle works well)
- \* Warm sleeping bag
- \* Day pack
- \* Warm jacket and sweater (very important)
- \* Sturdy walking shoes that are comfortable for hiking (must have laces)
- \* Hat and cap (one for sun & one for cold)
- \* Towel and washcloth
- \* Flashlight and extra batteries
- \* Plenty of pairs of socks (both heavy and light) - at least 6 pairs
- \* Back up pair of shoes to get wet and mucky (preferably old tennis shoes or Teva-like sandals)
- \* Sunscreen (15 SPF) and Chapstick
- \* Clothes appropriate for warm and cold weather that can get dirty
- \* At least 5 pairs of underwear, 2 pairs of long pants, and 5 T-shirts are recommended
- \* Shower shoes such as flip flops

### **TOILETRIES:**

- \* Soap (In a container)
- \* Sanitary napkins, if needed
- \* Toothbrush and toothpaste
- \* Shampoo
- \* Comb or brush

### **OPTIONAL ITEMS:**

- \* Pillow case and pillow
- \* Binoculars and hand lens (labeled with name!)
- \* Windbreaker or shell
- \* Camera (labeled with name!) and film/batteries/memory card
- \* Reading and writing material, stamps
- \* Sandals for shower and beach
- \* Large frame backpack appropriate for camper's size for optional overnight trip (camp provides one if you don't own one)

### **PLEASE LEAVE THESE ITEMS AT HOME:**

- \* Radios, walkmans, iPods, hand-held computer games or electronics of any kind
- \* Candy, gum, or any food or drink item not intended for Monday lunch
- \* **No Money Or Valuable Items At Camp!** (Parent/Guardian may wish to bring money to purchase a camp T-shirt on the first or last day of camp)
- \* Knives or weapons of any kind
- \* Firecrackers
- \* Makeup or jewelry

Please mark camper's name on ALL clothing and possessions. **We are not responsible** for lost items. We recommend that you check that your child has all of his/her belongings on the last day of camp. Items left behind will be donated to charity if not picked up before September 30. (Call first to make arrangements)