



## Student Packing List

The same dress code that applies at your school applies at YMCA East Bay Outdoor School at Camp Arroyo, unless stated by your teachers.

**\*\*PLEASE LABEL EVERYTHING WITH YOUR NAME!\*\***

### Essential Items

- Bag lunch, just enough food for the first lunch (all other meals provided by Camp Arroyo)
- Reusable water bottle (we have clean, drinkable water)
- Medications/Prescriptions in original packaging
- A completed Health Form that you turn into your teacher

### Bedding

- Sleeping bag OR twin-size sheets and a blanket
- Pillow

### Clothing

- Long pants/jeans and shorts
- Shirts, long- and short-sleeved
- Warm jacket (It gets cold at night!)
- Underwear (1 pair/day)
- Socks (1 pair/day)
- Hat
- Pajamas
- Raincoat or poncho
- Shoes or boots good for walking (2 pairs, if possible)
- Plastic bag for dirty clothes

### Toiletries

- Bath towel and wash cloth
- Toothbrush and toothpaste
- Comb/brush
- Sunscreen and Chapstick
- Shampoo and soap

### Optional

- Shower flipflops/sandals
- Flashlight
- Books, paper, pencil
- Stamped, pre-addressed envelopes to write letters home
- Inexpensive camera and film
- Day pack or book bag to carry daily supplies while hiking
- Bathing Suit: May to Mid-October. (Shorts and t-shirts are okay. Two-piece suits are allowed only when a t-shirt is worn over it)

### What NOT to bring to Camp Arroyo:

- ⊗ Extra food (besides bag lunch on first day), gum, candy, cookies
- ⊗ Pagers and cell phones (except for adults)
- ⊗ Radios, CD players, iPods, electronic games, or other electronics
- ⊗ Anything you need to plug in (eg, hair dryers)
- ⊗ Scented hair products
- ⊗ Your best clothing...it will get dirty!
- ⊗ Clothing with inappropriate advertisements
- ⊗ Sprays (bug, hair, body, etc.)
- ⊗ Knives or dangerous items of any kind
- ⊗ No money or ANYTHING OF VALUE!

Hint: You carry your own bags so pack lightly!

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