

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.

<u>PLEASE LABEL EVERYTHING WITH YOUR NAME!</u>

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
- $\hfill\square$ Shirts, long- and short-sleeved
- □ Warm jacket (<u>It gets cold at night!</u>)
- □ 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

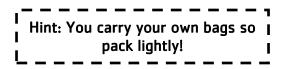
- $\hfill\square$ Bath towel and wash cloth
- □ Toothbrush and toothpaste
- \Box Comb/brush
- □ Sunscreen and Chapstick
- $\hfill\square$ Shampoo and soap

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
- \odot 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.)
- \odot Knives or dangerous items of any kind
- ◎ No money or ANYTHING OF VALUE!



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Camp Arroyo is owned and maintained by East Bay Regional Park District and is managed in partnership with The Taylor Family Foundation and YMCA of the East Bay.





