

# **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

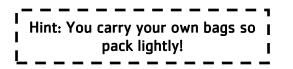
- $\hfill\square$  Bath towel and wash cloth
- □ Toothbrush and toothpaste
- $\Box$  Comb/brush
- □ Sunscreen and Chapstick
- $\hfill\square$  Shampoo and soap

# 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.





