### **Packing List for Teen Base Camp and Senior Teen Camp at YMCA Camp Jackson**

General Items:

* Backpack: For carrying personal belongings and daily essentials.
* Twin Bedding: Include a fitted sheet, a flat sheet, and a blanket for the camp cabin.
* Sleeping Bag: For cozy nights and the overnight camping trip.

Clothing:

* T-shirts: (5-6) Comfortable, breathable shirts suitable for daily activities.
* Long-Sleeve Shirt: (1-2) For cooler weather and sun protection during outdoor activities.
* Shorts: (2-3 pairs) Lightweight and flexible for warm days.
* Durable Pants: (2 pairs) Comfortable for hiking and camp activities.
* Lightweight Jacket or Sweatshirt: For cooler mornings and evenings.
* Swimsuit: For any water-related activities or swimming sessions.
* Comfortable Shoes/Sneakers: For everyday wear and activities.
* Hiking Boots: Sturdy footwear for hiking and outdoor adventures.
* Sandals or Flip-Flops: For relaxing at camp.
* Socks: (5-6 pairs) Comfortable, moisture-wicking socks suitable for various activities.
* Underwear: (5-6 pairs)

Personal Items:

* Two Reusable Water Bottles: To stay hydrated during all activities.
* Sunscreen: A broad-spectrum sunscreen to protect against sun exposure.
* Hat: A wide-brimmed hat for sun protection during outdoor activities.
* Insect Repellent: To help keep bugs away during outdoor activities.
* Toiletries: Toothbrush, toothpaste, soap, shampoo, conditioner, and a towel.
* Personal Hygiene Items: Such as a hairbrush or comb.

Activity-Specific Gear:

* Notebook and Pen/Pencil: Optional, for thoughts or reflections during camp activities.
* Comfort Item: A small stuffed animal or blanket for extra comfort at night (please avoid valuable items).

### **Important Notes:**

* No Technology or Valuables: Please leave phones, tablets, and any valuables at home.
* No Snacks: Camp provides meals and snacks; please do not pack extra food.
* No Drugs or Weapons: For the safety of all campers, please refrain from bringing any illicit substances or weapons.

Get ready for an exciting and transformative week at Teen Base Camp and Senior Teen Camp at YMCA Camp Jackson! Ensure all clothing and personal items are clearly labeled with your camper's name to help them keep track of their belongings during their incredible summer adventure!