

PACKING LIST

The Mountain Retreat & Learning Centers Inc., PO Box 1299 Highlands, NC 28741-1299
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Camper's Name: _____

Encourage your camper to use this sheet to list everything brought to camp and to check again when departing from camp. Campers DO NOT have access to laundry facilities (except for long term programs). **PLEASE NOTE:** The Mountain is not responsible for lost items. Lost & Found items that are not claimed within a week of the end of a session will be donated to a needy cause. We will return items found only upon request and at your cost.

ESSENTIAL ITEMS (please label EVERYTHING with camper's first and last name!!)

- | | |
|---|---|
| <input type="checkbox"/> raincoat or poncho | <input type="checkbox"/> sweater or sweatshirt (3) |
| <input type="checkbox"/> sturdy walking shoes | <input type="checkbox"/> long sleeved shirt (4) |
| <input type="checkbox"/> water shoes (shoes to wear in stream and rivers must be secure on feet – NO flip flops!) | <input type="checkbox"/> short sleeved shirt (10-12) |
| <input type="checkbox"/> twin sheets and pillowcase | <input type="checkbox"/> shorts (7-8) |
| <input type="checkbox"/> sleeping bag (preferred) or 2 blankets | <input type="checkbox"/> pants (2-3) |
| <input type="checkbox"/> pillow | <input type="checkbox"/> plastic 1-2 quart water bottle – very important |
| <input type="checkbox"/> towels (3) | <input type="checkbox"/> personal items (toothbrush, toothpaste, comb, shampoo, soap, etc.) |
| <input type="checkbox"/> washcloths (2) | |
| <input type="checkbox"/> flashlight and batteries | |
| <input type="checkbox"/> day pack (light backpack with shoulder strap) | |
| <input type="checkbox"/> sleep wear | |
| <input type="checkbox"/> windbreaker or light jacket | |
| <input type="checkbox"/> bathing suit (1-2; bikini's aren't recommended) | |

EXTRAS you may want:

OPTIONAL ITEMS (also all labeled):

- | | |
|--|---|
| <input type="checkbox"/> laundry bag | <input type="checkbox"/> props for talent night |
| <input type="checkbox"/> musical instrument(s) | <input type="checkbox"/> personal music player with headphones |
| <input type="checkbox"/> games, cards, etc. (Non-electronic games ONLY) | <input type="checkbox"/> spending money (\$20 maximum) |
| <input type="checkbox"/> special clothes/costumes for dress up, dances, etc. | |
| <input type="checkbox"/> camera and film | |
| <input type="checkbox"/> books (including inspirational readings, etc.) | |

PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS (Must be given to staff at check-in)

DO NOT BRING ANY OF THE FOLLOWING: *The Mountain will search a camper's bags and luggage if there is reasonable suspicion that the camper possesses medicines, tobacco, illegal drugs, alcohol, or weapons of any kind.*

Non-prescription medicine or first aid supplies Radios, tape/CD players Handheld Electronic Games CELL PHONES Insect repellent	Tobacco, Illegal Drugs, or Alcohol products (<i>possession of these items is contrary to the signed personal agreement and will result in dismissal</i>) Weapons of any kind (slingshots, pocket knives, etc.)
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