



## Eagle's Nest Camp Packing Information for Parents/Guardians and Campers

**Dress and Appearance:** At Eagle's Nest we have a dress and appearance code because we want everyone to feel comfortable interacting with others, no matter what they are wearing, and we want everyone to be able to be functional with our active outdoor lifestyle. We live with a diverse group of people at camp, and comfort levels vary with different styles. We want to make sure our clothing fits the environment we are in: an outdoor-focused summer camp.

**Please keep the following in mind when packing:** Our dress code calls for functional, non-provocative or offensive clothing.

- 0 No sexually provocative or revealing attire is allowed.
- 0 Campers should not wear clothing that advertises tobacco products or alcohol, or wear articles of clothing containing profanity, sexual connotations, racial slurs, or negative messages.
- 0 No strapless shirts, tube tops, or tops that don't cover the midriff. No short shorts, very short skirts, or string bikinis. Pants and shorts should be worn at or above the hip bone with no underwear showing.
- 0 Body piercings should be unobtrusive and not create safety issues. Some piercings we find unsafe for camp are navel, tongue, eyebrows, lips, face or gages. These piercings should be removed before coming to campus. Close fitting nose rings and studs are acceptable.

### Things to consider when packing:

- 0 Laundry is done at camp on a weekly basis during the two and three week long sessions and is done once during Session 4.
- 0 Clothes can get very dirty at camp, and it can be easy to lose things when living in a cabin full of other people or being active around campus. Please **be sure to label all clothing (including toiletries, shoes, sleeping bag and bedding)** and bring towels that are bright, patterned and easy to identify (every summer our lost and found fills up with white towels).
- 0 Bring old, sturdy, inexpensive clothes to camp.
- 0 It will be cool on some mornings and evenings, and we will get rain while you are at camp. Bring some synthetic, warm clothes, a fleece jacket and a good raincoat. Cotton sweatshirts do not give much warmth if wet.
- 0 General athletic/walking shoes and boots are good for the uneven terrain at camp. Sandals (or open toed shoes as we call them) are fine as well for parts of camp; however, campers will need closed toed/stay on your feet shoes for the majority of activities at camp. Since we do get wet at camp, **we recommend two pairs of closed toed shoes** – one that can get wet and stay wet, and one that can stay (relatively) dry.
- 0 If you intend to take horseback riding and already have hard soled shoes with a heel, please them, otherwise we do have some available.

**Packing List:** Please bring old, sturdy, inexpensive clothes. Laundry is done at Camp on a weekly basis during the two and three week long sessions and once during Session 4. Please label all clothing and toiletries. A suggested list for In-Camp follows. Hante and Added Adventure participants will receive additional packing information. Please contact us if you need help finding or affording any items on the list.

One Trunk packed with a complete inventory list of all camper's possessions taped to the inside of the top. Footlockers can be purchased at your local "all purpose" store. We also work with Everything Summer Camp ([www.cnmfg.com](http://www.cnmfg.com)). They make good quality, long lasting footlockers. Eagle's Nest families receive a discount by entering code trail527EN.

- 4 single sheets (2 fitted, 2 flat, water proof one if necessary)\*
- 2 pillow cases
- 4-6 pair of shorts
- 2 jeans or long pants
- Pillow
- 2 swim suits (no string bikinis)
- 2 Blankets
- 2 pairs of closed toe shoes (one that can get wet)- not Crocs
- 8 pairs of socks, 2 wool
- 1 pair sturdy shoes for hiking (can be 1 pair closed toe shoes)
- 10 underpants
- 1 "fancy" outfit
- 1- 2 pair pajamas
- 4 bath towels (preferably bright and with
- 2 washcloths
- 6 - 8 shirts
- 1 laundry bag (hint: pack sheets and towels in laundry bag)
- flashlight & extra batteries
- sunscreen and bug spray for personal use
- toilet articles & soap -labeled
- 5 cloth masks or enough surgical masks for each day
- 1 drinking cup
- 1 white outfit for ceremonies (optional)
- 1 water sandals or shoes
- 1-2 sweat shirts / hoodies
- 1 pair sweatpants
- medications in blister packs
- 1 water bottle—essential!
- Eagle's Nest bracelet (returning campers only)

\*Session IV campers only need one set of sheets

### **Cabin Campout and Outdoor Class Packing**

**(all campers need these items for their comfort and safety. We are able to loan some of this gear):**

- Synthetic sleeping bag and stuff sack (label both): no cotton or flannel lining
- Optional Sleeping Pad (e.g. Therm-a-rest)
- 1 warm non-cotton, fleece jacket: cotton will not keep you warm when wet
- 1 waterproof rain jacket: must be waterproof
- 2 synthetic, non-cotton shirts

For health reasons, the sleeping bag does not replace sheets and blankets. Campers may also bring a baseball glove, tennis racquet, cleats, camera and film, riding boots, musical instruments, costumes, books, music for dances, and stationery. Please leave e-readers and electronic devices at home. **IT IS ESSENTIAL THAT ALL ITEMS, INCLUDING TOILETRIES, BE CLEARLY MARKED WITH CAMPER'S NAME.** Campers are responsible for their own personal property.