



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

Dress: At Eagle's Nest we have a dress and appearance code because we want everyone to feel comfortable and safe interacting with others, no matter what they are wearing. We also want clothing to be functional with our active camp lifestyle. Clothing choices often represent the many facets of a participant's identity including ethnicity, culture, religious beliefs, gender identity and others. All participants should wear clothing at camp and on Hante Adventures that is comfortable and allows them to be authentically who they are while also being respectful of the comfort levels of others. 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: We expect participants to dress in a manner that is functional and appropriate for a community of children and teens. Clothing should cover and be able to continue to cover private parts and undergarments (with the exception of waist bands and shoulder straps) regardless of the activity. Fabric covering private parts may not be mesh or see through. Except when swimming, participants and staff should always wear a shirt (shirts and dresses must have sides, a front and straps / fabric over the shoulders, and must cover undergarments with the exception of bra straps and waist bands), shorts, skirts, dresses or pants (that cover buttocks) and shoes. For swimming, participants should wear bathing suits that cover and continue to cover private areas, and may not be see-through. Bathing suits can be one-piece, two pieces, shorts and a sports bra or any combination.

- Campers should not wear clothing that advertises tobacco/vaping products or alcohol, or wear articles of clothing containing profanity, sexual connotations, racial slurs, hate speech or negative messages.
- Body piercings should not create safety issues and participants or staff will be asked to remove jewelry that does create a safety issue.

Things to consider when packing:

- Laundry is done at camp on a weekly basis during the two- and three-week long sessions and is done once during Session 4.
- 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).
- Bring old, sturdy, inexpensive clothes to camp.
- 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.
- 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.
- If you intend to take horseback riding and already have hard soled shoes with a heel, please them, otherwise we do have some available.

If you need support with gear on the packing list, please contact us. We have a Gear Lending Library and can provide other suggestions for obtaining articles on the list. Contact Ed Haubenreiser at ed@enf.org for assistance with our Gear Lending program.

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. 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](#). They make good quality, long lasting footlockers. Eagle's Nest families receive a discount by entering code **trail527EN**. By using this code a portion of your purchase comes back to Eagle's Nest for donations to the Gear Lending Library.

- 4 single sheets (2 fitted, 2 flat, waterproof one if necessary) *
- 2 pillow cases
- Pillow
- 2 Blankets
- 4 bath towels (preferably bright and with recognizable design)
- 2 washcloths
- 1-2 sweatshirts/hoodies
- 2 jeans or long pants
- 1 pair sweatpants
- 6-8 pairs of shorts
- 6-8 shirts
- 2 swimsuits (no string bikinis)
- 8 pairs of socks, 2 wool
- 10 underpants
- 1-2 pairs pajamas
- **1 laundry bag (hint: pack sheets and towels in laundry bag)**
- flashlight & extra batteries
- **sunscreen and bug spray for personal use**
- toilet articles & soap
- 1 drinking cup
- 1 "fancy" outfit
- 1 white outfit for ceremonies (optional)
- 1 pair sturdy shoes for hiking (can be 1 pair closed-toe shoes)
- 2 pairs of closed-toe shoes (one that can get wet)-not Crocs
- 1 water sandals or shoes
- medications in blister packaging
- 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 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 base-ball 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 LABELED WITH THE CAMPER'S NAME.

Campers are responsible for their own property.