

## Packing for Camp

If possible, campers should use a large duffel bag for packing. Place a list of items inside of the duffel bag so that counselors can help campers maintain their possessions. Every camper should be sure to pack:

- Reusable water bottle
- Sunscreen (reef safe)
- Bug spray/bug bands (deet and botanical)
- Plastic bags to put dirty/wet items
- Sleeping bag or twin bed linens
- Pillow and pillowcase
- Wash clothes & Towels (at least 3: 1 for using outside and 2 for showering)
- Toiletries (shampoo, soap, toothpaste, toothbrush, hairbrush, deodorant, etc.)
  - Include shower caddy/container so camper can easily bring toiletries to and from bathroom
- Flashlight
- Clothing for six days (plus a few extras)
  - Shirts
  - Shorts
  - Long pants (required for getting into the marsh)
  - Underclothing
  - Swimsuits (at least 2: 1 that can get muddy, 1 for the beach)
  - Closed-toe athletic/tennis shoes
  - Secure, closed-toe shoes that have laces that can get muddy (for the marsh)
  - Secure shoes that can get wet (sandals with straps, Chaco's, water shoes, etc.)
  - Flip-flops or shower shoes
  - Sweatshirt and raincoat (or any other layers they might need)
- Optional Items
  - Disposable camera
  - Hats/sunglasses
  - Books, comics, or magazines
  - Rainy day games, cards
  - Stationery/stamps
  - Hand sanitizer
  - Masks (suggested to bring at least 10, so 1 or 2 could be used each day)

## Items Not Allowed at Camp

- Cell Phones and smart watches
- Handheld electronic/internet devices (In addition to these items being costly and unsecured at camp, the content of material accompanying them is often not suitable to be shared with other campers.)
- Weapons of any kind including but not limited to pocket knives, firearms, explosives, bows, and other blades.
- Illegal drugs/alcohol
- Nut products (Some campers experience severe food allergies. We encourage food-free care packages.)

Chincoteague Bay Field Station is not responsible for any lost or damaged personal items in the camper's possession.