

# Summer Camp Packing List

Quantities are for a one-week session. For two weeks, use the second number. Your camp's own list wins on anything it names specifically, and most camps ban electronics. Tape this inside the trunk lid.

1 wk / 2 wks  
quantities

## CLOTHING

- ☐ T-shirts and tank tops 7 / 12
- ☐ Shorts 5 / 9
- ☐ Underwear 8 / 14
- ☐ Socks, pairs 8 / 14
- ☐ Long pants or jeans 2 / 3
- ☐ Sweatshirts or hoodies 2 / 3
- ☐ Pajamas, sets 2 / 3
- ☐ Swimsuits 2 / 3
- ☐ Rain jacket 1
- ☐ Warm layer or fleece 1
- ☐ Sun hat or cap 1
- ☐ Sneakers, broken in 2 pairs
- ☐ Sandals or water shoes 1

Laundry frequency decides the real numbers. Ask the camp before you buy.

## BED AND BATH

- ☐ Sleeping bag or twin sheets and blanket
- ☐ Pillow and pillowcases 2
- ☐ Bath towels 2
- ☐ Swim or beach towels 2
- ☐ Laundry bag, labeled

## TOILETRIES, IN A CADDY

- ☐ Toothbrush, holder and toothpaste
- ☐ Shampoo, soap in a container
- ☐ Brush or comb, hair ties
- ☐ Deodorant
- ☐ Sunscreen and insect repellent
- ☐ Anti-itch cream, lip balm
- ☐ Period supplies, even if not started yet
- ☐ Shower sandals

## GEAR

- ☐ Refillable water bottle, labeled
- ☐ Flashlight or headlamp, spare batteries
- ☐ Backpack for day trips
- ☐ Sunglasses, swim goggles
- ☐ Books, cards, a small game
- ☐ Writing paper, addressed stamped envelopes
- ☐ Disposable or camp-approved camera

## FOR THE COUNSELOR

- ☐ Emergency contact sheet
- ☐ Medications in original containers, signed in on arrival
- ☐ Written allergy, asthma or medical notes

**Leave at home:** phones, tablets and gaming devices, valuables and jewelry, food and candy, anything you would be upset to lose. Check the camp list for its own bans.

## LABEL ALL OF THESE

- ☐ Every item of clothing, including socks and underwear
- ☐ Towels, sheets, pillowcase and sleeping bag
- ☐ Water bottle, flashlight, sunglasses and goggles
- ☐ Toiletry caddy and every bottle in it
- ☐ Both shoes of every pair, inside the heel
- ☐ The trunk or duffel, inside and out

## FIVE THINGS PARENTS LEARN THE HARD WAY

- ☐ Pack with your camper, not for them. If they did not see it go in, they will not know it exists.
- ☐ One name format everywhere: first name plus last initial. Every cabin has two Avas.
- ☐ Break in new shoes for two weeks before camp. Blisters end more camp days than rain.
- ☐ Pre-address and stamp the envelopes. A stamped envelope is the only way a letter comes home.
- ☐ Photograph the packed trunk. It is the only record of what went, when the lost-and-found call comes.

## THE LOST-AND-FOUND BIN ONLY WORKS IF A NAME IS ENOUGH

At the end of a session a camp has a bin of unclaimed hoodies, towels and water bottles, and a first name does not get them home. **ContactMyParent labels carry a QR code.** Anyone who finds the item scans it with a phone camera, no app needed, and reaches you. You choose what they see, your number or a message form that keeps it private.

Iron-on labels for clothing, rated for 50 plus washes including machine drying. Waterproof stickers for bottles and hard gear. The same profile can carry allergies and medications for the counselor who has a moment to check.

### Starter

10 labels, \$14

### Family

25 labels, \$24

### School Year

50 labels, \$39

[contactmyparent.com](https://contactmyparent.com)