

# CATOCTIN PACKING LIST



The following list is important, please follow it closely. Our goal is to provide exciting, challenging and positive outdoor adventures. Proper equipment, especially for the times spent on the trail, is essential for your camper's comfort and safety. Thank you!

BYM Camps is able to help families acquire the required equipment, if necessary. If you need assistance or support, please reach out directly to [Zora Tucker](#).

*PUT YOUR NAME ON EVERYTHING YOU BRING!*

## Required Items

- ☐ T-shirts (at least 7)
- ☐ Long sleeved shirts (1-2)
- ☐ Shorts (5-7 pairs, with at least one being synthetic / quick-drying)
- ☐ Long pants (3-4 pairs, with at least one being synthetic / quick-drying)
- ☐ Wool or synthetic fleece tops or sweatshirts (2)
- ☐ Sleepwear (1-2 sets, and remember it can get cold at night!)
- ☐ Underwear (enough for the entire session, & extra is always good)
- ☐ Socks, both wool & cotton (enough for the entire session, & extra is always good)
- ☐ Warm hat
- ☐ Swimsuits, or clothing you feel comfortable swimming in (2)
- ☐ Rain Jacket
- ☐ Trunk or plastic storage bin to hold your stuff (under 15" tall to fit under the bunk)
  
- ☐ Sturdy & broken-in shoes for hiking (tough sneakers and/or hiking boots)
- ☐ Water shoes (closed-toed and secure around the heel. Crocs are NOT water shoes. Old sneakers work well, but they might get ruined.)
- ☐ Internal or external frame backpack (with shoulder straps & hip belt)
- ☐ Synthetic sleeping bag with stuff sack (recommended temp rating: 20-40 degrees)
- ☐ Sleeping pad for overnight camping trips
  
- ☐ Twin size foam pad (2-4" thick) for bunk in cabin
- ☐ Bug repellant (non-aerosol. 30% Deet or 30% lemon eucalyptus oil are effective.)
- ☐ Sunscreen (not aerosol cans)
- ☐ Water bottles, 32 oz. (bring 2, and please label!)
- ☐ Flashlight and/or headlamp (and extra batteries!)
- ☐ Eating utensils for the trail (lightweight and non-fragile bowl, cup, spoon, and fork)
- ☐ Toiletries (shampoo, soap, deodorant, toothbrush, toothpaste, skin & hair care, etc.)

- ☐ Towels (2) and Washcloth (a quick dry towel is useful because camp is humid)

### **Recommended Items**

- ☐ Pillow, twin-size sheets, and warm blanket for cabin
- ☐ Crocs, sneakers, or sandals for wearing around camp (must have a heel strap)
- ☐ Additional comfortable clothing to wear in camp
- ☐ Ziplock bags to help keep things dry on the trail
- ☐ Bandanas
- ☐ Sun hat w/ visor
- ☐ Sunglasses
- ☐ Glasses strap (if necessary)
- ☐ Watch (waterproof)
- ☐ Cloth or mesh laundry bag
- ☐ Daypack (school backpack is fine)
- ☐ Stamped envelopes addressed to parents / family (2-3)
- ☐ Shower shoes

### **Optional Items**

- ☐ Books and/or magazines to read during down time
- ☐ Journal, notebook, and/or sketchbook, plus pens and/or pencils
- ☐ Camera (beware: can get damaged / broken / lost, and you won't be able to recharge, so bring extra batteries; disposable cameras are great!)
- ☐ Musical instruments (beware: can get damaged / broken / lost)
- ☐ Hair wrap for sleeping or protection while hiking
- ☐ Playing cards or trading cards
- ☐ Carabiner for attaching things to pack or canoes
- ☐ White clothing to tie-dye & T-shirts to alter (these are common camp activities).
- ☐ Costumes and/or wacky clothes for skits and other festivities

### **ITEMS TO LEAVE AT HOME**

Do not bring any item you cannot bear to lose or would not want to see damaged. Leave at home your jewelry and other expensive belongings, cell phones, tablets and laptops, e-readers (kindles), smart watches, radios, mp3 and CD players, electronic games and devices, hair dryers, lighters, matches, and food (including candy and gum). Catoctin is not responsible for damage to or loss of these items.

Electronics, candy, and other snacks are prohibited at camp. Camp is a time to unplug, make new friends, and connect to nature. E-readers can be used to connect to the internet. If you need something to read, you are welcome to bring a book or two! Food in cabins attracts wild animals and can be hazardous for campers with allergies.

Fire starters (lighters, matches, fireworks, candles, spark igniters) and weapons (small pocket knives are permitted, but must be given to counselors upon arrival) and drugs (including undisclosed prescription drugs and nicotine or vape products) are not allowed. Bringing these items will result in a camper being sent home.

### **ADDITIONAL INFO**

#### **BINS AND DUFFEL BAGS**

Pack all your gear in a trunk or plastic “under the bed” storage bin. Most of your belongings will need to fit under your bunk inside your bin or bag. The space under our bunk beds is at least 15 inches high.

#### **EQUIPMENT FOR OVERNIGHT CAMPING TRIPS**

Please test the internal or external frame backpack before coming to camp – add weight for an accurate fit! – to ensure that all straps can be tightened securely, and that the weight sits on the camper’s hips. The pack must fit your camper well, especially their torso. For hiking shoes, we carry more weight on the trail than our legs are used to, so it is important to have sturdy shoes to provide the feet and ankles with extra support. Tough sneakers may be sufficient, or hiking boots may be required, depending on your camper. Either way, make sure to test and break in this footwear before camp. For the sleeping pad, this is for comfort and insulation while sleeping on the ground during the overnight camping trips. Closed-cell foam pads or inflatable pads are both sufficient.

#### **MEDICINES**

Any medicines (prescription or over-the-counter, including vitamins and herbal remedies) should be in a labeled zip-lock bag, separate from your luggage. You will turn these over to the camp nurse at check-in.

#### **LAUNDRY**

Catoctin is only able to provide laundry services between sessions for campers staying for four weeks. You should bring enough clothing to last at least two weeks.

#### **WEATHER**

Be prepared for warm and cool weather. Temperatures are likely to be as high as the mid 90s during the day, and as low as the high 40s at night. Most camp activities take place outdoors, rain or shine. Bring rain gear!

#### **TICK SAFETY**

The risks associated with ticks can be safely managed with a few simple steps. We recommend wearing light-weight long pants and spraying your shoes and socks with an EPA certified tick repellent (such as 30% Deet or 30% lemon eucalyptus oil) during activities in the woods. For the most protection against ticks and mosquitos, we also recommend treating your hiking clothing with Permethrin before coming to camp.

#### **CLOTHES**

You will get dirty at camp, and your clothes may never be the same. Don’t bring your favorite outfits.

**POCKET KNIVES**

Pocket knives that have a blade length of four inches or less are permitted on camp (larger knives, hatchets, and other blades are not permitted). Please bring the knife with you when you check in so we can hold it and make a plan.