

# Camp UNC Suggested Packing List

- **Bedding**
  - Twin sized sheet
  - 1 pillow
  - 2 Sleeping bags or comforters (it gets cold at night)
- **Clothes**
  - Outfits for 5 days (campers typically wear athletic or jean shorts and t-shirts, clothes may get messy)
  - 1-2 extra outfits in case of rain
  - 1-2 pairs of sneakers (1 pair may get wet or dirty)
  - Shower shoes (flip flops)
  - 8-10 pairs of socks (at least 1 long pair for our hike)
  - Underwear (enough for 5 full days plus some extras)
  - 1-2 sweatshirts
  - 1-2 pairs of sweatpants or leggings
  - A rain jacket or rain poncho
  - 1-2 sets of pajamas
  - 1-3 bathing suits
  - Laundry bag
  - At least 2 towels (1 for lake, 1 for shower)
- **Toiletries**
  - Shower caddy
  - Shampoo, conditioner, body wash, face wash
  - Toothbrush, toothpaste, floss
  - Brush, hair ties
  - Deodorant, sunscreen, bug spray, aloe
  - Feminine hygiene products (if needed)
  - A reusable water bottle
- **Other - Optional**
  - Flashlight and batteries
  - Age appropriate books, magazines, activities, or games
  - Cabin decorations (streamers, balloons, etc.)
  - A pair of scissors and duct tape
  - Stationary, stamps, pens and/or pencils
  - String for bracelets
  - Costumes (for skit night and theme meals)
  - A crazy hat
  - Deposit for the canteen
  - A small fan
- **Not permitted in cabins**
  - Medication/s (Must be given to the nurse upon arrival)
  - Peanuts and other nut products
  - Large electronics such as refrigerators, electric coolers, or air conditioners
  - Live bait

## Packing tips

- Check the weather for the week while packing to ensure campers have appropriate clothing for the temperature.
- If your camper is packing snacks, please make sure they are in an airtight plastic container to keep bugs and animals from getting into them.
- Clothing may get messy from the hike, arts and crafts, or other camp activities. We advise that campers pack clothing and shoes they don't mind getting messy.
- It may be helpful to label towels and clothes to prevent missing items.