

What To Bring

- 5 t-shirts
- 7 pairs of socks
- 7 pairs of underwear
- 2 pairs of shorts
- 1 pair of jeans
- 1 swimsuit—**No bikinis that tie or are skimpy.**
- 1 sweatshirt, fleece or jacket
- 1 long-sleeved shirt
- WATERPROOF raincoat or poncho
- Pajamas
- 1-2 pair of tennis shoes/hiking shoes. One of these might get super muddy.
- 1 pair water shoes/sandals. We recommend sturdy sandals with toe protection.
- Flip flops may be used around the cabin or at the shower house. Not for activities.

Bedding & Linens

- 1 fitted twin sheet
- 1 sleeping bag
- 1 pillow with pillow case
- 1 bath towel
- 1 beach towel

Other Equipment

- Laundry bag—clearly labeled with camper's name.
- Flashlight & extra batteries
- Toiletries—soap, shampoo, toothbrush, toothpaste, comb, etc.
- Plastic water bottle or canteen
- Small backpack or daypack
- Insect repellent
- Sunscreen
- Bandana or hat

Optional Items

- Sunglasses
- 100% cotton, white t-shirt (for tie-dye).
- Camera—LABEL !!
- Books, magazines, cards, small games
- Stamps & envelopes

Horseback Riding Essentials!

- Long pants/jeans
- Riding boots—a boot with a smooth sole and a definite heel
- We provide helmets. If you already have you own, you are welcome to bring it.

Pack your old, comfy play clothes!
No fancy duds needed @ camp.

Don't over pack!
Laundry service is provided for campers staying more than 1 week.

Trunks work well as do duffle bags. Avoid large suitcases.

Toiletries – please note!
Bring travel size shampoo.
Bring body wash and not bar soap.

Camp Hidden Meadows

What *Not* To Bring ... the other packing list

- Do Not** bring valuables or items of great sentimental value.
Inevitably, that precious item is forgotten on the trail, dropped in the river, or otherwise, simply doesn't make it home with the camper.
- Do Not** bring cash. There's nowhere to spend it!
- Do Not** bring electronics. No phones, iPods, games, players...
- Do Not bring food items.**
Outside food may present a life-threatening hazard for campers with severe allergies!
Edibles attract mice.

Electronics Policy

What? No MP3 players or iPods or games or phones—why not?

- A camper engaged in electronic entertainment is cut off and misses out on ...
 - ... interacting with and absorbing the outdoors.
 - ... interacting with a new group of peers.
 - ... important safety instructions for activities!
- Campers do not have access to wifi or cell service while at camp.

Appropriate Dress

Philosophically, we understand that for young people clothing is an important statement - who they are, how they wish to be seen. Our reality, though, is that we operate a camp with children of varying backgrounds, lifestyles, and ages.

Please be sure that camp clothing is appropriate. Campers will be asked to change if either the style or message is deemed inappropriate.

Bathing Suits. A general rule is nothing with ties & nothing that skimpy. Most campers bring a one-piece, tankini or board shorts.

Laundry Service

Campers staying more than one week have laundry service at no additional cost.

LABEL all clothing. Campers must have a laundry bag—also labeled.

Lights and darks are NOT separated. Please do not send new clothing that may run or a bright white that will turn gray.

Visitors

Visitors disrupt the camp program and should be the exception.

Visitors to Camp Hidden Meadows *must* have *prior clearance* from the director.

Camp Hidden Meadows

Packing Tips!

Cooler Temperatures

Here in the mountains of West Virginia, we benefit from cooler summer temperatures than you probably experience at home! The elevation at camp ranges from 3000-3900 feet, one of the highest in mid-Appalachia, the basis for our cool mornings and cool evenings. The clothing list on page 1 includes extra layers for those cooler temperatures.

Wool and Polypropylene are the best choices for warmth. Both wick moisture away from your body while holding in body heat. We recommend adding a few essentials to your gear, such as socks or an undershirt or a fleece jacket. Extra warmth is important so that your camper will be comfortable and healthy throughout the program.

Hiking Boots

If your camper plans to bring hiking boots, **break them in at home**. Breaking in a pair of boots requires time—there's no shortcut! What to look for in a hiking boot? Basics include ankle protection and support, good tread, and a comfortable fit that allows them to be worn with heavy socks. Whether you choose leather or manmade material, wear them at home or school for several days and **WATERPROOF** your boots.

Knives

A knife is not needed; but if your camper wishes to bring one, a Swiss-army style knife is appropriate. **Large knives are not appropriate!** Campers rarely have to fight off a bear or sasquatch!

Knives used in a hazardous manner will be kept in the office.

Rain Gear

Having **WATERPROOF** rain gear at camp is essential! *Waterproof* and *water-resistant* are *not* the same. If you wear a water-resistant jacket, you *will* get wet. Rain or shine, we typically continue outdoor activities. Other arrangements are saved for severe weather conditions. We want our campers to be comfortable and healthy throughout the program.

**CAMP HIDDEN MEADOWS
AND ITS STAFF
ARE NOT RESPONSIBLE FOR
LOSS OR DAMAGE.**

DO NOT SEND VALUABLES OR CASH TO CAMP

Less is better!

*... less to lose,
... less to pack,
... less to haul,
... less dirty laundry
to bring home...*