

## 2 Night / 3 Day Denver Campout Checklist

### Clothing & Footwear:

- ◇ 2 pairs of shorts
- ◇ 2 t- shirts
- ◇ 2 pairs of socks
- ◇ 2 pairs of underwear
- ◇ 1 pair of long pants (for evenings)
- ◇ 1 sweatshirt or fleece (for evenings)
- ◇ Warm hat
- ◇ Pajamas
- ◇ Raincoat & Pants
- ◇ Swim suit & towel
- ◇ Sneakers
- ◇ Water shoes (NOT sandals)

### Equipment:

- ◇ Sleeping bag
- ◇ Sleeping pad
- ◇ Flashlight / headlamp
- ◇ Extra batteries
- ◇ 2 water bottles
- ◇ Day backpack
- ◇ 1 Tupperware for lunches
- ◇ 1 travel mug for hot cocoa or tea

### Personal Items:

- ◇ Toothbrush
- ◇ Toothpaste
- ◇ Deodorant
- ◇ Hair brush
- ◇ Face/body wipes
- ◇ Sunscreen
- ◇ Lip balm - (with SPF!)

### Optional:

- ◇ Brimmed hat
- ◇ Sunglasses (recommended)
- ◇ Pillow
- ◇ Book or quiet game
- ◇ Bug spray
- ◇ Camera
- ◇ Bandana

\*No electronics (other than cameras)

### \*NOTES\*

Participants should bring a sack lunch for the first day. All other meals and snacks will be provided. All cooking supplies- plates, bowls, cups and utensils will be provided.

Tents will be provided and shared by participants.

\*Any child bringing prescription medications needs to have a Medication Administration Form filled out. All medications will be held and administered by the counselor. Exceptions to this are Epipens and asthma inhalers, but these must have permission given by the doctor.