

# WHAT SHOULD I BRING TO BLUE MOUNTAIN?

August 13-19, 2017 - Poyntelle, PA



**Bedding/Toiletries:** Each cabin has a cot and a mattress for each camper, and clean communal bathroom facilities

- Pillow
- Sleeping Bag or blanket
- Bedsheet
- Towels/Washcloth
- Toothbrush/Toothpaste
- Soap
- Shampoo/Conditioner
- Contact lenses/Glasses

**Clothes:** You should have a running outfit for each day and clothes for a wide range of weather

- (7) running outfits
- Socks, socks, socks (are there ever enough?)
- Undergarments
- Pajamas
- Shorts
- Pants/Jeans
- T-shirts
- Sweatshirt and Sweatpants
- Swimsuit/Towel
- Rain Coat
- Hat

**Shoes:** Your shoes might get wet at camp. Bring at least 2 pairs and some newspaper to dry them out!

- (2) pairs of running shoes
- Newspaper for drying shoes
- Water shoes
- Sandals (for shower and waterfront)

**Food:** Food is unlimited at 3 meals per day. Snacks and drinks are available for purchase most evenings. If there is a particular snack or food you want, bring it to camp in a resealable container for safe storage in your cabin!

**Other Important stuff:**

- Water Bottle
- Watch
- Umbrella
- Sunscreen
- Sunglasses
- Bug spray
- Dirty laundry bag
- Flashlight
- Reading material
- Small backpack / daypack

**Weather:** The goal is to stay warm and dry all week.

Average temps are 60-80°F but there are chilly mountain mornings, hot sunny afternoons, and rainy days - check the forecast and do your best to prepare for everything.

**Extras:** There may be other items that want to bring that will make your stay more comfortable so feel free to bring what you need. Examples: frisbee, stuffed animal, running log, etc.



**Tips for packing:** Consider packing like items in 2 gallon zip lock bags. Roll your clothing, zip the bag shut, and squeeze out the air. When clothing is rolled and placed in bags it takes up less space in your bag. Bonus- you can put your dirty laundry back in those bags on the way home!

**The Golden Rule:** Your Mom is right. When she asks: "Should you pack \_\_\_\_\_?" ...the answer is always YES!