

This is a suggested equipment list provided as a guide, not a requirement. Please adjust to your camper's needs and the number of days at camp. Due to limited baggage carrying capacity on the buses, campers are limited to **three pieces of luggage**:

1. One suitcase, backpack or duffel bag
2. One sleeping bag
3. One small bag or daypack.

Campers sleeping in tent units may bring a tent from home or borrow one from the camp. Keep in mind that the average night temperature at Camp Menzies is between 32-45° F. Because of cooler mountain temperatures, it is recommended that campers bring warm clothes to camp as the weather can be very changeable in the Sierra Nevada Mountains during the summer months.

**PLEASE LABEL EVERYTHING WITH CAMPERS FIRST AND LAST NAME.**



Items to carry on the bus for the first day:  
a sack lunch, water bottle, swim towel, and  
bathing suit

**\* ITEMS ARE ESSENTIALS:** (minimum number)

**TO CAMP**

**FROM CAMP**

**\* CLOTHING**

- Short sleeve shirts or t-shirts (shoulders must be covered).....
- Shorts .....
- 2 pair fully enclosed shoes\* (1 sturdy for hiking; 1 canvas type pair) .....

**\* Fully enclosed shoes are shoes with no openings of any kind in them.**

**NO SANDALS OR BACKLESS SHOES OF ANY KIND ARE ALLOWED!**

- 1 sweater or sweatshirt.....
- 1 pair warm pajamas .....
- 1 warm jacket/coat - A MUST.....
- 1 bathing suit (pack in carry on).....
- 1 hat with brim (for hiking) .....
- Jeans or long pants.....
- Underwear (panties, bras, undershirts).....
- 1 plastic poncho or raincoat with hood - must be waterproof .....
- 1 beach towel.....
- Socks, 1 pair for each day, plus 3 extra.....

**\* TOILETRIES**

- Toothbrush and toothpaste .....
- Hairbrush and comb .....
- Shampoo, conditioner, and soap.....
- Flip flops for **showering only**.....
- Washcloth and bath towel, and/or large hand towels .....
- Sanitary napkins and/or tampons, if necessary.....

**\* OTHER**

- NON-AEROSOL** insect repellent .....
- Lip balm ("Chapstick") .....
- Canteen or labeled water bottle.....
- Sunscreen .....
- Mess kit OR 1 each: Unbreakable plate, bowl, and cup (NO GLASS ITEMS) \* .....
- 1 dunk bag.....
- 1 each: fork, knife, and spoon .....
- Flashlight with extra batteries .....
- Large bandanna kerchief.....

**\*For Unit Cookouts and Overnight Trips**

**\* BEDDING**

- 1 small pillow .....
- Sleeping bag (not slumber bag) with 1-2 extra blankets OR bedroll (5 warm blankets) securely tied.....

**NICE EXTRAS TO HAVE BUT NOT ESSENTIAL**

- Inexpensive camera, film .....
- Sunglasses .....
- Laundry bag.....
- Book for quiet times.....
- Stationery/postcards/stamps (pre-address & stamp, if possible).....
- Pencil and/or pen .....
- Stuffed animal .....
- Water socks or water shoes (for waterfront/river wading).....
- Warm hat or beanie.....
- Sharpie® or other permanent marker (for signing shirts) .....

For campers sleeping in tent units. (check the brochure for sleeping unit type)

- Light weight tent .....
- Waterproof ground cover/tarp (4' x 6' or larger).....
- Thin foam pad, or exercise mat .....

**PLEASE DO NOT BRING:**

- Cell phones
- Spray cans
- Glass bottles
- Foot lockers
- Expensive cameras
- Pets
- Food, snacks, or gum
- Halter, sleeveless, or tank tops
- Sandals or backless shoes
- Valuable jewelry, watches, rings, or necklaces
- Money (guardians can add money to child's Trading Post account)
- iPod®, CD, DVD & MP-3 players
- Computers, eReaders, TVs or radios
- Hand held video games
- Personal sports equipment