

**GIRLS QUEST
CAMP OH-NEH-TAH**

CAMPER PACKING LIST

Please **do not** pack your child's luggage with new clothing, jewelry, money, or electronics.

Your child may bring a cell phone and charger, which will be collected by the Bus Chaperones prior to departure. Upon arrival, phones will be returned to Campers and they will be allowed to text or call to verify safe arrival at Camp Oh-Neh-Tah. All cell phones will, again, be collected and secured in the Camp Office until campers board departure buses.

The weather at camp changes constantly, being in the mountains. However, it is usually warm and sunny during the day with temperatures in the 90s (F), yet drop into the 60s and 70s when the sun goes down. It is not unusual to get frost from a cold snap in late August.

At camp, your child will spend most of the day outdoors, that is to say, your child's clothes will go through a lot of wear and tear. The Packing List reflects a 7-night stay at camp with 1 laundry cycle during your child's camp stay in 2019.

Please label all belongings with a marker on the tags. Although we make every reasonable effort to see that your child goes home with everything she arrived with, Girls Quest is not responsible for any lost valuables/items.

Please **DO NOT** send the following items to camp with your child:

Expensive Jewelry
Drugs, Alcohol or Weapons of any kind
Sports or Outdoor Equipment
Food, Candy or Gum
Computers, iPads, Tablets or other Electronics

Expensive Clothing
Animals or Pets (stuffed animal, OK!)
Heavily Scented Soaps/Perfumes (bugs will love her)
Money--there is nothing to spend it on

Any medications, OTC or prescriptions that your child must have while at camp will be collected at the bus pick-up site and checked against her medical record. PLEASE do not pack medication in your child's luggage.

REMEMBER: PLEASE LABEL ALL BELONGINGS

Clothing/Shoes:

5 Pairs of Shorts	3 Pairs Jeans or Long Pants (Sweatpants)	1 Long Sleeved Top	5 T-Shirts
1 Sweatshirt	1 Jacket, Warm Sweater or Fleece	1 Rain Slicker or Poncho	1 Nice Outfit for Banquet
7 Pair Panties	5-6 Camisoles/Bras	1 Pair PJ's	2 Bathing Suits, if possible
7 Pairs Socks/Peds/Several Pairs Cotton	2 Pairs Sneakers or Hard-Toed Shoes	1 Pair Flip Flops or Water Shoes	1 Hat or Visor

Toiletries:

Toothbrush and Toothpaste	Shower Gel/no scent	Shampoo/Conditioner	Bar Soap
Deodorant	Lotion	Feminine Hygiene Products	Hair Supplies
3 Towels/1 Face Cloth	Sunscreen	Bug Repellant	

Other:

Flashlight	Writing Paper, Envelopes, Stamps		
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Optional:

Musical Instrument	Dance Costume	Reading Books	Sleeping Bag
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Reminder: Campers will turn in their cell phones to the Bus Chaperones upon departure to camp. Upon arrival at camp, cell phones will be returned and campers may call or text home to verify their safe arrival. After call/text, cell phones will be collected again and secured in the Camp Office. Phones will be returned to campers as they board the bus at camp to return home.