

**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. Upon safe arrival at Camp Oh-Neh-Tah, she will be instructed to call or text home to verify her safe arrival. All cell phones/chargers will then 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.

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 9-night stay at camp with 1 laundry cycle during your child's camp stay.

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**

There will be no sharing of items between participants, including siblings.

Clothing/Shoes:

|                        |   |                                     |                              |
|------------------------|---|-------------------------------------|------------------------------|
| 6 Pairs of shorts      | 3 Pairs of jeans or long pants (Sweatpants) | 2 Long sleeved tops                 | 6 T-shirts                   |
| 1 Sweatshirt           | 1 Jacket, warm sweater or fleece            | 1 Rain slicker or poncho            | 1 Nice outfit for Banquet    |
| 7 Pairs of panties     | 7 Camisoles/Bras                            | 1 Pair of PJ's                      | 2 Bathing suits, if possible |
| 10 Pairs of socks/peds | 2 Pairs of sneakers or hard-toed shoes      | 1 Pair of flip flops or water shoes | 1 Hat or visor               |

Toiletries:

|                           |                            |                     |           |
|---------------------------|----------------------------|---------------------|-----------|
| Toothbrush and toothpaste | Shower gel/soap (no scent) | Shampoo/conditioner | Deodorant |
| Lotion                    | Feminine hygiene products  | Hair supplies       | 3 Towels  |
| 3 Face clothes            | Sunscreen                  | Bug repellent       |           |

Other:

|           |                                  |            |                   |
|-----------|----------------------------------|------------|-------------------|
| 3-4 masks | Writing paper, envelopes, stamps | Flashlight | Disposable camera |
|-----------|----------------------------------|------------|-------------------|

Optional:

|                    |               |               |              |
|--------------------|---------------|---------------|--------------|
| Musical instrument | Dance costume | Reading books | Sleeping bag |
|--------------------|---------------|---------------|--------------|

**Note: If your child is short on some of the essential items on this list, please let Ms. Connie ([campdirector@girlsquest.org](mailto:campdirector@girlsquest.org)) know. We have many donated items at camp to disperse.**