



Mountain Valley Community Camp Staff Packing List



It is very important that you come to camp well prepared. Please refer to the Camper Information Packet for the camper packing list.

- Do not bring valuables
- BE SURE THAT EACH ITEM IS CLEARLY MARKED WITH YOUR NAME*

Items to Pack:

- All Medicine needed for the week: Prescriptions (in the original containers) and over-the-counter meds must be checked in with the Health Supervisor**
- Warm Sleeping Bag, blanket, pillow, optional: twin sheet, mattress pad
- Flashlight/headlamp with extra batteries
- Dunk Bag – counselors and campers *in outdoor units* only (plastic or metal plate, bowl, cup and silverware in a nylon net bag w/ drawstring)
- Watch**
- 2 sets of toiletries: 1 for in the unit, 1 to keep in the closet in the staff lounge (optional)
 - Hairbrush, toothbrush, toothpaste, shampoo, soap, lotion, hair ties, etc.
 - Undergarments
- Socks—EXTRAS
- Pajamas
- Shoes (2 pairs) with closed strapped heels—make sure they are COMFY!
- Jeans, leggings or other long pants
- Shorts (several)
- T-shirts or tops
- Layers: Sweatshirts or sweaters
- Swimsuits (1-2)
- Shower towel and washrag
- A snack to share (in the staff lounge)
- Personal food/drink (must be left in the staff house or refrigerator outside the Lodge)

Large DAY PACK with suggested items below:

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| <input type="checkbox"/> Sun hat/baseball cap | <input type="checkbox"/> Swim towel (or 2 leaving time to dry between uses) |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Plastic bag for wet items |
| <input type="checkbox"/> Water bottle (sturdy, watertight lid) | <input type="checkbox"/> Disposable camera WITH NAME (optional) |
| <input type="checkbox"/> Hot Travel Mug | <input type="checkbox"/> Sweatshirt or jacket |
| <input type="checkbox"/> Flashlight/headlamp (bring 2 w/ extra batteries) | <input type="checkbox"/> Rain poncho or coat |
| <input type="checkbox"/> Insect repellent (non-aerosol) | <input type="checkbox"/> Water shoes, sandals with heel straps, or old tennis shoes that lace and can get wet |
| <input type="checkbox"/> Sunscreen | |
| <input type="checkbox"/> Lip balm with SPF | |

Things to bring to Camp to make you Comfy

In your cabin/unit

- Tray table such as a TV tray, not too big
- Throw rug and/or a door mat
- Folding chair for in your unit
- Lantern - Camp provides one propane lantern per unit, an extra is nice
- French press or your own instant coffee/tea, etc.
- 1 or 2 travel mugs (one in your backpack)
- Ice chest. Ice is available in the Lodge. Check with the kitchen.
- Tablecloths or something to cover picnic tables in the cook shelter. Newsprint is available at camp. This is nice for projects or for doodling on. Disposable tablecloths will be provided

Available at the Staff House/Upper Tillicum

For staff use only

- Microwave, fridge, stove/oven
- Snacks and treats
- Camp “store” of travel-size toiletries, batteries, etc.
- Charging station
- Personal food/drink
- Letter writing station
- Extra camper supplies (sleeping bags, blankets, water bottles, dunk bag)