

PACKING LIST for Bear Valley Overnight Camp



What to Bring

- 1) All Lacrosse equipment (Boys = mouthguard, helmet, shoulder & elbow pads, gloves, sticks, cleats for grass, & protective cup; Girls = mouthguard, stick, goggles or helmet, cleats.)
- 2) Athletic shoes for walking to/from fields and some hiking
- 3) Change of clothes for alternative and evening activities, including sweatshirt/jacket (for cold mountain nights)
- 4) Sandals or flip-flops for lake or lounging in lodge
- 5) Two towels - 1 for swimming and 1 for personal hygiene
- 6) Some money for incidentals or snacks - optional
- 7) Refillable large water bottle
- 8) Sleeping bag, blanket, and/or pillow - optional for lodge, but sometimes kids like to have their own stuff.
- 9) Swimsuit & towel (please no revealing or skimpy swimsuits)
- 10) Sunscreen and hat
- 11) Bug spray - optional
- 12) Toiletries, including toothbrush/toothpaste and lip balm
- 13) Athletic tape and/or KT Tape for any injuries or support you may want

BTW, there are no washer/dryer facilities available to campers in Bear Valley.

As you consider what to pack, please remember that while the days are consistently in the 80's, at night it can get cold in the Sierras at this elevation (7,100ft) – temperatures in the 40s are not unusual even in August once the sun sets.

There is a general store adjacent to Bear Valley Lodge where campers can purchase snacks, drinks, and other assorted sundry items. The General Store handles NO lacrosse or athletic equipment of any kind. You should feel free to give your child some spending money for this, but NOT too much – we have seen some rather crazy purchases of candy that perhaps would not have happened with some parental supervision and/or resource constraints.