

## Session 4 programs Pack List

Item	# Required	Description
Sleeping Bag	1	Fiber-filled 30 degrees with no down or cotton stuffing (needs a stuff sack case)
Sturdy Shoes	1 pair	For hiking over rugged ground and trails. <i>Clearly labeled</i>
Sport sandals w/ a back strap	1 pair	For water play and showers (close toed). <i>Clearly labeled</i>
Socks	8 pairs	For sneakers
Underwear	10 pairs	
T-Shirts	8	No inappropriate slogans or pictures
Shorts	8	Quick-drying shorts are best (like soccer/running shorts)
Pants	1	Quick drying pants and khakis are best (no blue jeans)
Pajamas	2	Summer time weight-not too heavy or "hot"
Swimsuits	2	Females must be one piece or tankini- NO bikinis please
Light jacket or sweatshirt	1	Night time temps in the 60s
Rain jacket or poncho	1	The rain poncho is cheapest, best, and strongly recommended.
Laundry bag	1	Clearly labeled please
Twin sheet set	1 set	Please send an extra set if nighttime enuresis is an issue.
Pillow	1	
Towels & washcloths	2 sets	No beach towels please. They will not dry between uses. Clearly labeled
Toiletries & shower bag/case		Toothpaste, toothbrush, deodorant (non-aerosol), comb/brush, shampoo, conditioner, soap, shaving cream & razor, face wash, etc...
<b>Optional items</b>		
School sized backpack	1	For day trips. (Talisman provides backpacking/camping packs)
Flashlight & Batteries	1	Head lamps are best
Water bottles	2	Large size-32 ounce (We suggest Nalgene brand).
Rubbermaid box/tub or duffel bag		Can purchase at Wal-mart or similar. <b>Only clothing and hygiene products need to fit into this.</b> (Under bed storage space is 12" high and up to 40" wide).
Hat or cheap sunglasses	1	For sunny and hot days. (All forms of glasses should have a strap/cord/croakie, or lanyard to prevent loss of glasses during water activities.)
Writing materials		Letter writing materials include stamped and addressed return envelopes please.
Books		Age and camp appropriate please
Family & pet photos		
Games		Card and travel games are easy to carry in their day packs.
Permethrin clothing or the clothing spray		Talisman provides bug spray but some campers are sensitive to bug bites and may need more prevention.

**All clothing & belongings must be clearly labeled with first and last name with a laundry marker.** We can only send home lost items that are clearly labeled if found. All other unmarked items will go to Goodwill. **Please be aware that all items brought to camp may be lost or damaged.** We encourage you to fulfill as many of the above items with hand-me-downs, or purchasing very inexpensive or gently used items. **If your camper loses items at home then we promise they will lose items at camp as well!**

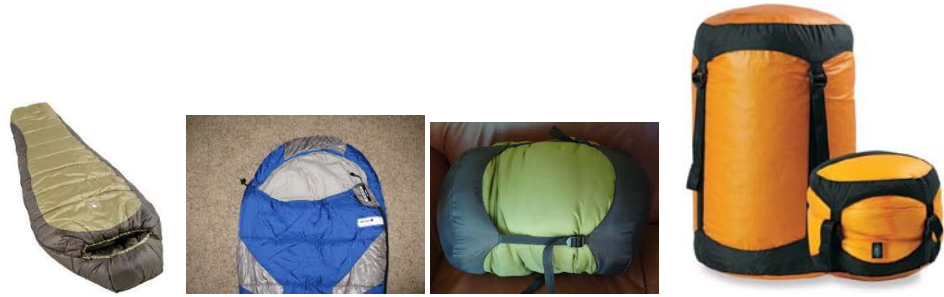
**ITEMS NOT ALLOWED AT TALISMAN: Electronic equipment, alcohol, drugs, pets/live animals, guns or weapons of any kind.**

**Base Camp pack list examples**

**Rubbermaid box/tub and/or duffel bag:**



**Sleeping bag and stuff sack:**



**Sport sandals with back strap:**



**Thermals (AKA long underwear/base layer):**



**Headlamps:**



**Water bottles:**

