

RVRN - 100 Elk Family Camp Program Packing Checklist

Note: Daytime temperatures range from 30-60 degrees and nighttime temperatures are typically in the mid-30's.

To wear on the head:

- 1 Warm hat that covers the ears
- 1 bandana
- 1 baseball cap or other light hat that will shade your face from the sun
- Sunglasses
- Sunscreen lotion and lip balm

To wear on the top:

- 5 T-shirts
- 5 Long-sleeve shirts or turtlenecks
- 1-2 Long underwear top—optional-- (synthetic or wool, Cotton NOT Recommended)
- 1-2 warm sweaters (wool, synthetic or fleece)
- 1 Rain jacket
- 1 warm winter jacket (check the forecast to see if you need this)

To wear on the bottom:

- 8 pairs of underwear
- 1-2 pairs long-underwear bottoms (optional). Synthetic or wool please--cotton NOT recommended.
- 3-4 pairs jeans or other long pants
- 1 pair shorts (check the forecast)

To wear on the feet:

___ 1 pair hiking shoes, waterproofed and broken in

___ 1 pair sneakers (for in and around cabins and lodges)

___ 6 pairs socks (4 pairs warm wool or synthetic, 2 pairs nylon/cotton)

To wear on the hands:

___ 2 pairs, warm, water-resistant gloves or mittens

Misc. required items:

___ 1 Toiletry Kit (toothbrush, toothpaste, comb, soap, shampoo/conditioner, shaving supplies, sanitary products, etc.)

___ 1 Day pack (backpack to carry snacks/lunch, journal, warm clothes, and other personal items)

___ 1 Water bottle

___ Warm pajamas

Optional (recommended, if available):

___ Swimsuit

___ Flashlight

___ Camera

___ Binoculars

___ Lightweight gloves

We also encourage everyone to bring copies of the weekly Bible Lesson.

The 100 Elk Store: Items range from \$1 - \$35 and merchandise includes stickers, long and short sleeve t-shirts, hooded sweatshirts, stuffed animals, and water bottles.

<https://100elk.org/outdoor-ed/wp-content/uploads/sites/4/2021/04/100-Elk-Store-2021.pdf>