

Camping checklist

Women's Retreat at Camp Perkins

IMPORTANT ITEMS

- TEMPERATURES CAN DROP BELOW FREEZING ANYTIME OF THE YEAR.
- NO CELL SERVICE /NO WIFI
- Sleeping arrangements: Cabins with Bunk beds and small pads - need to bring your own bedding, pillow, and you might also want to bring additional padding.

The following is a list of necessary and recommended items to bring to camp:

IMPORTANT ITEMS FOR 1st Night

- ___ \$ for raffle
- ___ Item for Raffle
- ___ Food for Potluck (Fri. Night)
- ___ Items needed to serve/eat potluck item

BEDDING

- ___ Headrest/Pillow
- ___ Sleeping Bag
- ___ Sleeping pad
- ___ Pajamas

(optional)

- ___ Extra Blankets/sheets
- ___ CPAP

PERSONAL GEAR

(essentials)

- ___ Backpack
- ___ Clothes
- ___ Jacket
- ___ Hat (sun & warm)
- ___ Warm/Cold weather gear
- ___ Flashlight/headlamp
- ___ Reusable Water Bottle
- ___ Coffee cup/mug
- ___ Camp Chair/Stool
- ___ Insect Repellent
- ___ Sunscreen
- ___ Sunglasses
- ___ Lip Balm
- ___ Swimwear
- ___ Feminine Products

- ___ Towels (shower & water activities)
- ___ Camp Shoes/water sandals

(optional)

- ___ Extra batteries
- ___ Binoculars
- ___ Camera/film
- ___ Journal/pen/pencil
- ___ Book(s)
- ___ Deck of cards
- ___ Fishing equipment
- ___ Personal crafts

(Toiletries)

- ___ Soap
- ___ Toothpaste/Toothbrush
- ___ Shampoo & Conditioner
- ___ Brush/Comb
- ___ Razor/Shaving Cream
- ___ Deodorant
- ___ Face Cloth/Hand towel
- ___ Nail Clippers
- ___ Personal medications
- ___ Shower Shoes/Flip-Flops

RECOVERY ITEMS

- ___ Big Book
- ___ 12x12
- ___ Step Work