

# What to pack when going to Camp Johnsonburg

---

- Packed in a large zip-lock bag with your name on the outside:
  - A CURRENTLY-UPDATED emergency contact phone list (which also has your up-to-date medical information) - to be given to your group leader upon arrival at camp
  - A list of the medications you brought (and the schedule for when they are to be taken) - MUST be given to the camp nurse upon arrival during in-season camping (or to your group leader during off-season camping)
  - Sufficient prescription medications to cover what you will need for the number of days you're at camp - in the original prescription bottles rather than a generic pill holder.
  - Note: at events held during regular camp season, ANY AND ALL medications MUST be turned over to the camp nurse for dispensing. During off-season retreats you will be responsible to dispense your own medications (under the supervision of your assigned counselor).
- Packed in a large waterproof yard and lawn garbage bag (or similar protection):
  - Pillow
  - Sleeping Bag (or sheets and a blanket)
- Packed in a backpack or duffle bag with your nametag on it:
  - Bath towel, bath soap, shampoo, deodorant
  - Toothbrush & toothpaste
  - Pajamas (and/or appropriate lounge wear) plus slippers or flip-flops for walking around the lodge
  - Casual clothes that you don't mind getting dirty (since lots of activities are outdoors)
  - Extra socks and underwear
  - Sneakers for walking around camp and to use in the gymnasium
  - Hiking boots or galoshes for hiking trails which can often be muddy
  - Canvas or plastic bag to use as a hamper for dirty clothes (and perhaps some Fabreeze, LOL)
  - A hat or baseball-style cap
  - Sweatshirt and/or sweater (plan on wearing layers as the temperatures change rapidly in the mountains) - During off-season camp it is recommended to dress in layers for maximum temperature control.
  - Raincoat or waterproof windbreaker
  - Flashlight or head light
  - Sports-type refillable water bottle
- Cash/Credit Card/Money:
  - Cash or credit card - for Camp JBURG canteen - if you plan to buy a camp-logo tee shirt, sweatshirt, sweatpants, etc
  - Cash - if your carpool group to/from camp is planning to stop along the way for food - ie: McDonald's, Hot Dog Johnny's, etc.)
- Packed in a leak-proof plastic bag:
  - Snack food for down-time in the lodge (Keep in mind, while on an FRPC-sponsored retreat at JBURG the rule is: Any snacks brought are to be SHARED with the entire group - and the group will share their snacks with you too)
- Personal Electronics:
  - Cell phones and personal electronics (ie: iPods, GameBoy, DS, etc) can be brought and used, but only at designated free-time (with earphones only), and may be collected by the group leader during non-designated times)
  - Be sure to bring the proper chargers for any personal electronics you have with you!