

INSight Gear List

ITEM	# REQUIRED	DESCRIPTIONS
Sleeping Bag	1	Fiber-fill to 30 degrees/ no down or cotton Should pack easily. Must be able to fit in a compression sack measuring 10x10x20 inches
Hiking Boots or Sturdy Shoes	1 pair	Fit with wool socks/break in prior to camp An outdoor store can help you choose these. The boots should be sized with wool socks, or another heavy hiking sock. It is important that these boots be broken in before campers come to camp. Encourage your camper to wear them for an hour or more a day for a week or so before camp. This will prevent blisters and sore feet at camp.
Tennis Shoes	1 pair	Play shoes as they will get dirty
Sport Sandals with backstrap	1 pair	For water play and showering etc.(like Texas)
Socks	6 pairs	At least 3 pairs should be WOOL or synthetic
Underwear	6 pairs	
Rain Suit	1	Make sure it is appropriate coverage for heavy rain.
Bathing Suit	1	Girls please only one pieces
T-shirts	6	No inappropriate slogans or pictures
Shorts	6	At least one pair needs to be nylon (quick-drying!)
Pants	1	At least one pair nylon hiking pants as they are comfortable and dry easily
Light Jacket or Sweatshirt	1	
Pajamas or sweat clothes	2 sets	
Laundry Bag	1	
Foot Locker or Rubbermaid box	1	This is a must. Can purchase at Walmart etc. It is important that all clothes brought fit in this.
Twin Sheets, pillow & case	1 set	
Backpack	1	For overnight camping trip
Towels	2	
Washcloths	2	
Tooth brush with case	1	
Toiletries and Shower bag		Toothpaste, deodorant (non-aerosol), comb or brush, shampoo, soap, etc.
Water bottle	2	Large size-32oz (we suggest Nalgene brand)
Flashlight & Batteries	1	Light-weight
Long underwear	1 set (top ,bottom)	Medium-weight, synthetic polyester- NO COTTON
Optional		
Disposable Camera	2	
Watch		Waterproof
Writing Materials, Books		
Pictures of Family & Friends		

Please label all clothing and belongings clearly with first and last names with a laundry marker, iron on labels, or EZ Mark. We will send home left over items only if they are clearly marked. All other items will go to Goodwill.

ITEMS NOT ALLOWED: Electronic equipment, alcohol, drugs, cigarettes, gum or weapons of any kind.

Fit with wool socks/break in prior to camp