

# Clothing and Equipment List for High School Counselors

**MARK ALL CLOTHING AND EQUIPMENT** with name tape or waterproof ink to prevent loss!

The following is a suggested list of items to take with you to ODS. If possible, avoid taking extra things that really aren't needed:

## **BEDDING:**

- Sleeping bag or a four-blanket bedroll.
- Pillow

## **CLOTHING**

- 1 or more pair lightweight shoes (ex: tennis shoes).
- 1 pair of hiking-type.
- A warm coat.
- A raincoat if you have one.
- Several warm shirts or sweatshirts.
- 3 or more lightweight shirts or blouses.
- At least 3 pair of jeans or similar-type pants.
- Daily changes of socks + several extra pair.
- Daily changes of underwear + several extra pair.
- A warm hat.
- washcloths.
- bath towels.

## **OPTIONAL:**

- A pair of flannel pajamas.
- Shorts may be worn. (The rule for students is that they must be within 4 inches of the kneecap or below the tips of their fingers when their arms are extended down their legs. Spandex can be worn only with something over it.) (Bring long pants as well as you will be in the forest in brush at times.)
- A pair or two of long underwear for chilly days can be a good thing.

## **PERSONAL CARE ITEMS**

- Toothbrush and toothpaste.
- Comb or hairbrush
- Soap (in a container!)
- Deodorant & Shampoo!
- Feminine hygiene items

## **OPTIONAL:**

- Facial tissue.
- Lotion and cream for chapped lips.

## **GENERAL EQUIPMENT**

- Flashlight. This is a must! Bring several extra batteries also.
- Name-tag with your approved camp name on it.
- An alarm clock
- A coffee-type mug to drink out of. **(Label it with your camp name.)**
- A clipboard, only if you have one!
- An addressed and stamped envelope or 2 for letter writing. Enclose paper to write on.
- A GOOD MOOD THAT WILL LAST THROUGH CAMP!**
- A willingness to help anyone at anytime!
- A Ziplock bag ½ full of soil from your home. We are doing a tree planting ceremony this year.**
- A Sack Supper to eat Sunday night at camp. Our first meal provided by the camp will be Monday morning.

## **OPTIONAL:**

- Camera
- Backpack to use throughout the day

**TODS is trusting that you ABSOLUTELY will NOT BRING** gum, knives, extra food, MP3 Players, electronic games, **CELL PHONES** etc. or pets! (Note that although cell phones in the real world can be tremendous for safety reasons, in camp cell phones can potentially seriously endanger many in camp as locations of cabins in living areas could be divulged to people outside of camp as well as those in camp. Also, contact with the world outside of camp will very much detract from the week's experience. For those reasons+ any cell phones brought to camp will be confiscated for the week.)

**Please do NOT bring cell phones to camp!** Don't even think about bringing flip flops to wear in camp. Bring closed-toed shoes!

On Thursday evening we will have a "formal" dinner. **Each person needs to bring a clothing item of the formal nature** such as any type of tie, a vest, a fancy handkerchief to place in a shirt pocket, a fancy bow for the hair etc.

Each person should bring only one item. **Be imaginative!**

Please do NOT bring pants that hang low showing off underwear or body parts others don't want to see! Tops must completely hide tummies and be modest!

Bring a pen for signing autographs on Friday!



Do **NOT** bring flip flops!