

## Suggested Stanford Sierra Camp packing list

### Clothing and personal accessories

- Sunglasses/sunscreen
- Baseball cap/hat
- Tennis shoes
- Casual clothes for “roughing it”
- Sweater and jacket
- Checkbook
- Bathing suit
- Dress-up disco gear
- Personal toiletries
- Allergy medications/prescriptions
- Tylenol/aspirin/OTC pain relievers

### Sports and recreational gear

- Hiking boots
- Day pack
- Rain gear
- Mountain bike
- Road bike
- Bike helmet/gloves/repair kit
- Binoculars
- Tennis racquet
- Fishing gear/bait/license
- Beach towels
- Beach blanket
- Beach chairs
- Water bottle

### Other Camp essentials

- Quarters for laundry
- Laundry detergent
- Table/floor fan
- Flashlight
- Camera
- Alarm clock
- First-aid kit, including band-aids and moleskin
- Mosquito repellent (avoid products with DEET)
- Tight-sealing containers or coolers for food

### Suave and Teen essentials for backpacking overnight

- Medium to large backpack to carry overnight supplies
- Hiking boots (or durable athletic shoes) and sturdy athletic socks
- Sleeping bag (a 30°F bag is usually fine)
- Sleeping pad
- Warm layers of clothing (fleece jacket and jeans are usually fine)
- Gloves, warm socks and beanie
- 1-liter or larger water bottle
- Medications
- First-aid kit
- Hiking clothes
- Swimsuit and a towel