

## AMHS BAND CAMP PACKING LIST

- **Sleeping bag OR sheets/blanket and pillow** – sleeping bag vs. sheets/blanket is a matter of personal preference – sleeping bags can get too hot.
- **Sheet for window** – there are no blinds for the windows, so bring an extra sheet to help provide privacy.
- **Towels** – (bath and hand size) and washcloths (2 minimum).
- **Toiletries** – deodorant, soap, shampoo, toothbrush/toothpaste, comb, etc.
- **Clothing for 4 days and 3 nights** – plan for cool mornings/evenings and hot afternoons. Dress in layers. Include pajamas. You’ll also want flip flops for the shower. **REMEMBER: CLOTHING MUST MEET THE AMHS DRESS CODE!** No undergarments showing, no bare midriffs, tank top straps two finger-widths wide, etc.
- **Jacket/sweatshirt, extra socks.**
- **Flashlight and extra batteries.**
- **COMFORTABLE SUPPORTIVE shoes for marching and walking** – an extra pair or two is a good idea! Maybe “water shoes” for free time by the stream?
- **Sunscreen, insect repellent, lip balm** – you will be outside most of each day!
- **Sunglasses, visor, and/or hat** – see above.
- **Plastic bags** – to hold dirty laundry or wet items.
- **LARGE water bottle** – fill each day in dining hall before heading out to drill.
- **Snacks** – may be brought if desired (candy, granola bars, etc.) – sharing is nice.
- **Your INSTRUMENT AND MUSIC** – and any needed accessories – extra reeds?
- **Any medications** – will need to be given to the head chaperone along with the proper forms (available from the head chaperone) allowing medicine to be administered at camp.

**REMEMBER** – *you* will be carrying all your items to your cabin. Pack all the essentials but don’t overdo extras!

**DO NOT BRING** – CD players, radios, electronic games, etc. There is **NO** cell phone reception at camp. There are public phones at camp, which can be used with a calling card. The phones **DO NOT ACCEPT COINS**. Phone use should be for emergencies or urgent needs only. There will not be time for all the kids to make a routine daily call home. The Camp Office is open daily (to 4:00 pm) and after hours there is a phone in the ‘nurse’s office’ which will only be used in cases of emergency.

The Camp Cispus phone number is (360) 497-7131.