**2025 ALFORD LAKE CAMP PACKING LIST - CAMPER’S NAME:**

**(30” footlocker - please tape this list inside the lid of the trunk or keep inside duffel)**

**\*\*Please do not send any clothing not on the list, except for perhaps a colorful shirt and pair of shorts for use during special occasions.\*\***

| **ITEMS FOR PACKING** | **# needed** | **NOTES** | **#packed at home** | **# packed at camp** |
| --- | --- | --- | --- | --- |
| **REQUIRED - OFFICIAL ALC CLOTHING available only through Maine Camp Outfitters (MCO)** |
| **ALC Navy Shorts** | 4 | At least 1 pair of shorts must be jam style or flat front. |  |  |
| ALC "Jam" style |  |  |  |  |
| ALC "Flat front" shorts |  |  |  |  |
| ALC Mesh shorts with logo |  |  |  |  |
| **ALC Blue T-Shirts with logo** | 4 | Campers may choose either ALC logo style |  |  |
| **ALC White T-Shirts with logo** | 2 |  |  |  |
| **ALC Navy Sweatshirt** | 1 | Either hooded or crew with ALC logo |  |  |
| **OTHER NECESSARY CLOTHES**- **Items with (\*) are available from Maine Camp Outfitters** |
| Fleece type jacket\* | 1 | Navy blue preferred but not required |  |  |
| Navy sweatpants\* | 1 |  |  |  |
| Short sleeve navy wicking shirt\* | 1 | Optional - good for Out of Camp Trips, MCO’s has ALC Logo |  |  |
| Long sleeve white t-shirt\* | 1 | MCO's has ALC Logo |  |  |
| Blue jeans | 2 |  |  |  |
| Socks: cotton crew\*, golf socks | 12 |  |  |  |
| Underwear\* | 12 | MCO's are white cotton |  |  |
| Sleepwear\* | 2-3 | For both warm and cool nights; Many campers wear t-shirts & athletic shorts on warm nights. **Inside tip:** bring tees & shorts of different colors to also be worn for special events. |  |  |
| Swimsuit\* | 2 or 3 | Please note swimsuit policy in parent handbook |  |  |
| White bathing caps\* | 2 | Must be white for safety |  |  |
| Swim goggles\* |  |  |  |  |
| Warm bathrobe | 1 |  |  |  |
| Waterproof rain jacket with hood\* | 1 | Rain amounts vary, but it is critical for your camper to have good rain gear. Note: wind jackets and rain jackets are very different. Wind jackets are not waterproof.  |  |  |
| **FOOTWEAR** |
| Sneakers | 2 |  |  |  |
| Crocs or "Teva/Keen" type sandals | 1 | Sandals must have a back strap that goes around the heel. |  |  |
| Rain boots | 1 |  |  |  |
| Lightweight hiking boots, laced high-top walking shoes, or heavier hiking boots | 1 | Older campers who are interested should bring actual hiking boots |  |  |
| Flip-flops | 1 | For showers (optional) |  |  |
| **PERSONAL ITEMS**- See note re: biodegradable toiletries - please make sure all items are **free of nut ingredients (coconut and shea butter are ok)** |
| Toiletries  |  | including toothbrush & toothpaste, soap, shampoo, deodorant, brush/comb, shower caddy |  |  |
| Sunblock & Insect repellent |  | Waterproof & non aerosol spray |  |  |
| Hand Sanitizer |  | A small bottle if your camper has some she likes |  |  |
| Stationery, **stamps**, pens/pencils |  | **Inside tip:** peel & seal envelopes are helpful in the humidity! |  |  |
| Books |  |  |  |  |
| Camera |  | Optional (please clearly label all cameras, cases and cords!) |  |  |
| Musical Instrument |  | Optional |  |  |
| **ITEMS FOR PACKING** | **# needed** | **NOTES** | **#packed at home** | **# packed at camp** |
| **PERSONAL ITEMS (con’t)** |
| ALC songbook |  | New campers will receive one at camp |  |  |
| Stuffed Animal & family photos |  | Optional (Push pins help to hang photos in the tent) |  |  |
| Sudoku & puzzle books, deck of cards, small games, coloring & bracelet supplies |  | Optional (Please do not pack or send any magazines) |  |  |
| **LINENS**- ALC will provide wool blankets and flannel sheets if you choose not to bring your own |
| Twin size fleece blankets | 2 | Optional (most campers prefer to bring their own fuzzy blankets) |  |  |
| Twin size flat sheets | 3 | Optional  |  |  |
| Pillow case | 2 | Optional |  |  |
| Pillow | 1 | Optional |  |  |
| Bath towels | 2 |  |  |  |
| Beach towels | 2 |  |  |  |
| Hand towels | 2 |  |  |  |
| Sleeping bag | 1 | With stuff sack, synthetic fill recommended as it stays warm when wet |  |  |
| **OTHER EQUIPMENT** |
| Flashlight and/or headlamp | 1-2 | Please pack three sets of batteries |  |  |
| Crazy creek type chair\* | 1 | Optional |  |  |
| Backpack day hiker type | 1 |  |  |  |
| Water bottles\* | 2 | 1 quart size, Nalgene brand recommended as they can be washed easily.  |  |  |
| **SPORTS EQUIPMENT** |
| Tennis Racquet  | 1 |  |  |  |
| Lacrosse/field hockey sticks, goggles, Molded mouthguard |  | OptionalSports safety equipment is required for any camper who wishes to play |  |  |
| **RIDING EQUIPMENT- See important safety details below** |
| Riding pants | 1 | Tight-legged jeans or jodhpurs |  |  |
| Riding boots | 1 | See notes below |  |  |
| Riding helmet | 1 | **The helmet must meet the ASTM #F1163-15 or #F1163-23 standard and bear the SEI seal. Newly purchased helmets should be the ASTM #F1163-23 standard.** |  |  |
| **TRIP EQUIPMENT**- Some of these items can be borrowed from camp or from friends |
| Wool socks\* | 2 |  |  |  |
| Winter hat | 1 |  |  |  |
| Polypropylene long sleeved top & bottom (Long Underwear NOT cotton) | 1 | Recommended for Blazers & Guides (12-15 year olds) who hope to go on OOCT |  |  |
| Waterproof Rain pants | 1 | Recommended for Blazers & Guides who hope to go on OOCT |  |  |
| Sleeping pad | 1 | Ridgerest or Thermarest recommended |  |  |
| Frame pack (Blazers & Guides only - optional!) |  | Optional (ALC has packs campers can borrow) |  |  |

**Riding Pants and Riding Boots**: Safety is a constant focus of the ALC Riding staff. Appropriate riding apparel is necessary to help guard the campers against accidental injury. Each camper choosing to participate in the riding program will be required to wear a riding “hard hat”, long pants (not too loose), and boots or sturdy shoes with heels. The footwear must have smooth soles; hiking boots cannot be used since they can get caught in the stirrups and present a definite hazard to a rider. **Riding Vest/Riding Back Protector**: If your child has a riding vest (or back protector), please feel free to send it with her.

**Riding Helmets**: ALC has invested in horseback riding helmets that meet the American Society of Testing Materials (ASTM) #F1163-15 or #F1163-23 standard for safety and bear the seal of the Safety Equipment Institute (SEI). Campers may borrow a helmet from ALC or may bring their own riding helmet from home. Campers borrowing from ALC will be sharing the helmet with several other campers. **If a camper brings her own helmet, it must be in good condition, must not have been dropped or received any impact blows and be no more than 5 years old. Helmets must have the ASTM #F1163-15 or ASTM #F1163-23 standard. If purchasing a new helmet, it must have the ASTM #F1163-23 standard.**

In order to avoid lost items **EVERYTHING** must be clearly marked with: **SEWN-ON NAME TAPES** (MCO will sew in if clothing is ordered by May 1) OR if you choose to use stick-on clothing labels, please test them to make sure they do not come off in the laundry. Sewn-on name tags are definitely the most reliable way to avoid lost clothing.