

2025 Staff Packing List

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	ALC can loan you camp shorts. You may bring your own shorts to camp if they meet the expectations listed below.		
ALC blue t-shirts with logo	3	ALC will loan you ALC shirts and/or you may purchase from MCO.		
ALC white t-shirts with logo	3			
OTHER CLOTHES- Items with * are available from MCO				
ALC navy sweatshirt*	1	(hooded or crew) with ALC logo OR plain navy with no brand logo		
Fleece jacket*	1	Navy blue preferred		
Navy sweatpants*	1	with ALC logo OR plain navy with no brand logo		
ALC tank tops*	2	optional but recommended		
Long sleeve white t-shirt*	1	MCO shirt has logo		
Blue jeans	2	Blue only - no ripped jeans		
Socks: cotton crew*, golf socks	12			
Underwear	12			
Sports bras	2-3			
Warm sleepwear*	1			
Lightweight sleepwear	1			
Swimsuit*	2 or 3	Please note swimsuit policy: One-piece or conservative sport-type two piece only - NO STRING BIKINIS. ALL Lifeguards need at least 1 SOLID RED suit.		
Waterproof rain jacket with hood	1			
Sunhat or baseball cap & sunglasses	1			
Clothes for pre-camp and time-off		During pre-camp you'll need comfortable clothes that can get dirty as we all work to set up camp. Bring some casual clothes for days off and trips to town. Opportunities to get dressed up are limited.		
FOOTWEAR				
Rain Boots	1			
Lightweight hiking boots, or heavier hiking boots	1	Counselors interested in hiking trips should bring hiking boots		
Sneakers	1-2			
Crocs or Chaco/Keen type sandals	1	Most campers and counselors wear Crocs or Chacos every day. Sandals must have a back strap that goes around the heel.		
PERSONAL ITEMS				
Toothbrush, toothpaste, brush/comb, soap & deodorant		Please choose biodegradable toiletries - please make sure all items are free of nut ingredients. (coconut and shea butter are ok)		
Sunblock & insect repellent		waterproof & no aerosol spray		
Medications		The Infirmary stocks over the counter medicines. Please bring your own if you prefer a specific brand. Prescription meds must be in original bottle with physician's instructions. All medicine is stored in the Infirmary.		
Alarm lock and/or waterproof watch		Battery operated		
Envelopes, stationery & stamps, pens		pack in ziplock bag so envelopes don't seal themselves due to humidity		

ITEMS FOR PACKING	# Needed	NOTES	#Packed at home	#Packed at camp
PERSONAL ITEMS				
Books		optional		
Camera		optional		
Musical Instrument		optional: Musical instruments are welcome but are in camp at the owner's risk.		
ALC songbook		new counselors will receive one at camp.		
Stuffed animal & family photos		optional		
Sudoku & puzzle books, deck of cards, small games, coloring & bracelet supplies		It is great to have fun things to do with campers.		
Combination lock		to use for your locker at Topside.		
LINENS- If you choose not to bring your own bedding, ALC will provide it.				
Twin size fleece blankets	2	optional - staff can borrow ALC wool blankets		
Twin size flat sheets	3	optional - most staff borrow camp sheets		
Pillow & Pillow case	2	optional		
Towels	4	including 2 large beach towels, waterfront staff may want more. ALC will loan towels to International Staff.		
Hand towels	2			
Sleeping bag	1	with stuff sack, synthetic fill recommended as it stays warm when wet, ALC has some available to borrow.		
OTHER EQUIPMENT				
Flashlight (torch) and/or headlamp	1	please pack three sets of batteries; headlamps are very useful		
Crazy creek type chair*	1	Optional- we eat lunch buffet-style outside on the lawn and some staff like using a portable chair		
Backpack day hiker type	1			
Water bottles* & insulated coffee mug	2	1 liter size, sturdy Nalgene recommended		
Tennis racquet, lacrosse/field hockey sticks, mouthguard		Optional (with lacrosse/field hockey sticks, please bring appropriate goggles)		

Additional items for ALC Riding Staff

- Riding Gloves
- Half Chaps
- Waterproof pants (suitable for riding)
- Close fitting waterproof coat (suitable for riding)
- ALC tank tops/vests (Navy Blue) *
- long socks - knee highs
- Head Lamp rather than flashlight - for hands free use
- No long boots just **short barn boots worn with half chaps**
- 2prs dark jodhpurs
- 1pr cream / white jodhpurs
- Sunglasses
- Riding helmet (you can also borrow one if easier)
- Protective vest if part of your normal riding attire

Additional items for ALC Kitchen Staff

- REQUIRED: 1 or 2 pairs of comfortable, closed-toe shoes; they MUST be non-slip food service shoes. Suggested options:
 - [Keen Kanteen](#)
 - [Skechers Work Sure Track](#)
 - [Crocs On-the-Clock Slip On](#)
- 2-3 scarves or caps to cover hair: These can be a baseball cap or headband or scarf. It's important that your head can breathe in it, because it can be hot in the kitchen and your hair must be covered at all times.
- 2 plain white tank tops - not spaghetti straps.

Additional items for ALC Trips Staff

These items are mandatory for OOCST staff and optional for staff who would like to co-lead a trip this summer. Some trip gear is available to borrow.

- Solid Navy, **plain**, short-sleeve quick-dry shirt* (2-3)
- Solid Navy/Black, **plain** (no stripes) quick-dry shorts (2-3)
- Long underwear - long sleeved top & bottom (not cotton)
- Mid to heavyweight fleece
- Fleece Pants
- Rain Pants
- Wool Socks (2-3 pairs)
- Warm Hat
- 55L Internal frame pack (waterproof pack cover recommended)
- 25L Day Pack
- Trekking Poles and Gaiters (if you prefer to use them when hiking)
- Canoeing Dry Bags if you have your own - one 5-10L & one 30-40L (department does have dry bags you can borrow)
- Sleeping Bag and Compression stuff sack
- Sleeping Pad
- 2 Wide-Mouthed 1 Liter Water Bottles
- Pack Towel
- Headlamp
- Bandana (2-3)

PACKING DETAILS

Camp Clothing: Part of the ALC philosophy is to put emphasis on the person, not on the material goods she has. For that reason, we have official camp clothing that everyone at ALC wears every day. We will provide staff with ALC t-shirts and shorts. All other clothing worn in camp SHOULD NOT HAVE ANY LOGOS/BRAND NAMES OR PATTERNS as this is against the philosophy of our camp community - if you bring such items to camp, you will be asked not to wear them while working/teaching.

Camp Shorts: As a staff member, you may bring your own shorts to camp as long as they meet the following expectations:

- Shorts MUST be solid navy blue - they cannot have stripes or any other pattern, and they may not be denim shorts.
- Shorts must have a 5" to 7" in-seam
- Shorts may not have any type of visible logo/brand.
- One pair must be cotton.

MCO: Please know that our camp clothing supplier, Maine Camp Outfitters, does offer other types of ALC clothing (such as tank tops, sweatshirts, and quick-dry shorts). These extras are available should you wish to purchase them. Visit the [Maine Camp Outfitters website](#) for a full catalog. ALC's password is "Alford Lake".

Bathing Suit Policy: Bathing suits can be either a one or two piece, but because our campers and staff are so active while on the water, we ask that campers and staff wear only sport style suits that allow full participation in all activities (no string bikinis, please!). Staff members will be asked to change if we feel the suit is not suitable.

Clothing For Pre-camp, Days Off And Post-camp: We recommend that you bring a few casual clothes to wear on your time off and also active wear/comfortable outdoor work type clothes for time during pre-camp/post-camp, but know that there is very little storage space in your tent. You will have access to a gym-type locker in Topside.

Name Tags: We strongly recommend that all clothing be marked with sew-on or iron-on name tags placed in the most conspicuous place possible. This is important because required clothing is the same for everyone in camp. Please note that indelible ink will eventually wash out in the laundry and then we have the possibility of lost items. Toiletries, shoes, sports equipment, cameras, flashlights, etc. should also be marked with your name.

Bedding/Towels: ALC provides wool blankets, flannel sheets and a pillow and pillow cases to any staff member who wishes to use them. You may choose to bring cozy fleece blankets and your own sheets and pillows from home, but please do not feel that you must do this. We will also provide International Staff with towels so that you do not have to travel with these bulkier items.

Medications: Please bring prescription medications (in original bottles with specific written directions from your licensed primary care provider as to how the medication is to be administered) and any over-the-counter medications you take on a regular basis (i.e.: vitamins, allergy medications in original bottles) only. For the safety of all members of our community, all medications, even over-the-counter medications, will be collected and kept in the Infirmary in locked cabinets. You will be able to access your medications before meals, and as needed at other times.

Biodegradable Toiletries: We make every effort to maintain the health of our beautiful lake and encourage campers and staff to bring biodegradable toiletries to camp. **ANY PRODUCTS BROUGHT TO CAMP MUST BE FREE OF NUTS:** peanuts, tree nuts (walnuts, almonds, cashews, macadamia, hazelnut, etc.). Check ingredients to make sure there are no nut ingredients. Coconut and shea butter products are allowed. There will be opportunities to purchase toiletries once you arrive at camp.

Electronics: Please be sure to leave your cell phones, laptop computers, iPods, iPads, and any other electronics in your locker at Topside. It is never appropriate to bring them across the road into camp. Because our campers do not have access to these forms of technology at any time during their stay at ALC, these forms of technology are strictly for your use at Topside and may not be brought "across the road" to the camper side of the road. You may not use, carry in your backpack, or store in your tent any of these items at any time, PLEASE!

(NOTE: If you choose to wake up early, you will need an alarm clock. An inexpensive digital watch is helpful to keep track of time while teaching. There are minimal opportunities to charge fitbits and smart watches that use the internet are not allowed.)

Digital Cameras: You may bring a digital camera and charger to camp (all components: camera, case, charger, etc. must be clearly labeled with your first and last name). You will be able to charge your camera at Topside as needed. Remember, your phone will be at Topside and cannot be used as a camera in camp.

Magazines and Newspapers: We ask that magazines and newspapers not come down to the tentline because when in camp we want the focus to be on who we are, not what we have or on body image. You are welcome to bring them with you to camp, but they must remain at Topside.

Hammocks: For fairness and safety reasons, the in-camp area is a hammock-free zone - please help us to enforce this policy around camp with campers and CTs. **You may bring a hammock for use on your time off, away from campers and the center of camp.**

Valuable Jewelry: Jewelry can be easily lost or misplaced. We strongly advise anything valuable be left at home. We cannot be responsible for lost articles, and lost jewelry can be the cause for real distress. Earrings should be simple and secure.

Trunks: Each stateside tent counselor will need one foot-locker sized trunk (30" length). Please remember that there is limited space in your tent so be efficient when packing! International Tent Counselors will be provided with an ALC trunk to borrow during your stay at ALC.

If you plan to ship your trunk to Alford Lake Camp, please do so at least 14 days before your arrival to camp. Please keep the tracking number and all documents related to the shipment. We advise that you insure your trunk for at least \$500.

Ship trunks to:

Your Name, Staff
Alford Lake Camp
258 Alford Lake Road
Hope, ME 04847

If you wish to send your trunk home via [Ship Camps](#), UPS or FEDEX, please make arrangements for the pick up and provide the ALC Office with the prepaid shipping labels and details of the pick up. If you need us to arrange shipping for you, it will be done through UPS and **you will need to pay charges for trunk, duffels and box shipping before you leave camp.**