**2025 CT 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 | As a CT, you may bring your own shorts to camp as long as they meet the following expectations: solid navy blue, 5-7” in-seam, no visible logo and one pair must be cotton, twill type for Sundays. Of course, you may continue to wear MCO shorts if you wish to do so. |  |  |
| ALC Blue T-Shirts with logo | 4 | You may order staff shirts from MCO |  |  |
| ALC White T-Shirts with logo | 2 | You may order staff shirts from MCO |  |  |
| ALC Navy Sweatshirt | 1 | (either hooded or crew) with logo |  |  |
| **OTHER NECESSARY CLOTHES**- **Items with \* are available from Maine Camp Outfitters** |
| Fleece type jacket | 1 | Navy blue preferred |  |  |
| Navy sweatpants\* | 1 |  |  |  |
| Long sleeve white t-shirt\* | 1 | MCO's has logo |  |  |
| Blue jeans | 2 |  |  |  |
| Socks: cotton crew\*, golf socks | 12 |  |  |  |
| Underwear\* | 12 |  |  |  |
| Warm sleepwear\* | 1 |  |  |  |
| Lightweight sleepwear | 1 |  |  |  |
| Swimsuits\* | 3 or 4 | Bathing suits can be either one or two piece, but because our CTs are so active while on the water, we ask that you wear only sport style suits that allow full participation in all activities. |  |  |
| White bathing cap | 1 | JR CTs wear them for the Swim Across the Lake. |  |  |
| Swim goggles |  | Recommended for JR CTs |  |  |
| Warm bathrobe | 1 |  |  |  |
| WATERPROOF Rain Jacket with hood | 1 | It is *really* important to have a solid Rain Jacket for the CT trip and daily life at camp. |  |  |
| **FOOTWEAR** |
| Rain boots | 1 |  |  |  |
| Lightweight hiking boots, laced high-top walking shoes, or heavier hiking boots | 1 |  |  |  |
| Sneakers | 2 |  |  |  |
| Crocs or "Teva/Keen" type sandals | 1 |  |  |  |
| Flip-flops | 1 | for use to and from the waterfront |  |  |
| **PERSONAL ITEMS** |
| Toiletries & shower caddy |  | Toothbrush & toothpaste, soap, shampoo, deodorant, brush, etc. |  |  |
| Sunblock & Insect repellent |  | waterproof & not aerosol spray |  |  |
| Stationery & stamps, pens/pencils |  | Self-seal envelopes are the best for humid weather! |  |  |
| Books |  | CTs sometimes bring favorites to share with campers in addition to their own reading materials |  |  |
| Camera |  | optional |  |  |
| Musical Instrument |  | optional |  |  |
| ALC songbook |  | Especially important for JR CTs |  |  |
| Stuffed Animal & family photos |  | push pins help to hang photos in the tent |  |  |
| Sudoku & puzzle books, Deck of cards, small games, Bracelet supplies |  | Please do not pack or send any magazines |  |  |
| **ITEMS FOR PACKING** | **# needed** | **NOTES** | **#packed at home** | **# packed at camp** |
| **LINENS**- If you choose not to bring your own bedding, ALC will provide it. |
| Twin size fleece blankets | 2 | optional  |  |  |
| Twin size flat sheets | 3 | optional  |  |  |
| Pillow case | 2 | optional |  |  |
| Pillow | 1 | optional |  |  |
| Bath towels | 2 |  |  |  |
| Beach towels | 3-4 |  |  |  |
| Hand towels | 2 |  |  |  |
| Sleeping bag | 1 | Sleeping bag will be used on the JR CT and OOCT trips. A 30-40℉ synthetic fill bag is recommended. A compression stuff sack is also recommended, **the smaller your sleeping bag can pack down the better.**  |  |  |
| **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 and dishwasher safe. Nalgene brand recommended as they can be washed easily.  |  |  |
| **SPORTS EQUIPMENT** |
| Tennis Racquet  | 1 | Optional |  |  |
| Lacrosse/field hockey sticks |  | Optional |  |  |
| Lacrosse goggles |  | Sports safety equipment is required for any CT who wishes to play |  |  |
| Molded mouthguard |  | Optional |  |  |
| **TRIP EQUIPMENT - REQUIRED FOR Jr. CT TRIP** |
| Short sleeve wicking shirt\* | 1 | Must be solid Navy or White |  |  |
| Wool socks\* | 2 |  |  |  |
| Long Underwear (top and bottom) | 2 sets | No cotton. For active use on chilly days and keeping warm at night.  |  |  |
| Winter hat | 1 |  |  |  |
| 50L+ Frame pack/Dry Bag |  | Can be borrowed if you don’t have one. |  |  |
| Rain Pants and Rain Jacket | 1 | Waterproof NOT windbreaker. Should be able to fit a layer or two under.  |  |  |
| Sleeping Pad | 1 | A closed cell full body length Thermarest Z Lite is a good option. There are also many open cell (blow-up) options on the market that offer added comfort. Can be borrowed from OOCT. |  |  |
| **EXTRAS** |
| Non-Camp Clothes for pre-camp & time off |  | Please remember that pre-camp clothing needs to be ‘work’ clothes. Most people wear athletic shorts and t-shirts and other comfortable clothes! |  |  |

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 1st) 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.