



Packing List - Outdoor (Overnight Summer Camp)

When packing for Realms Adventures, follow these Guidelines:

- ⇒ First off, put you or your child's FULL NAME on as many items as possible.
 - ⇒ Pack as lightly as you can! BUT include the right gear needed for the day (see below).
 - ⇒ Keep it light and tight! Everything should fit into a single pack—nothing clipped on the outside.
 - ⇒ Choose wisely! Check out "How-To: Realms Kit" below for help assembling gear.
 - ⇒ Be ready! Check the weather report every morning to guide you in what to pack.
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Pack as lightly as possible, but include the right gear to stay protected and safe. All packed items should fit into a single pack (nothing clipped or tied onto outside). We provide Adirondack style cabins with mattresses for Realms overnight programs.

Carry System (Backpack)

The smaller bag should fit into the larger bag.

- Backpack** Size and weight appropriate to carry comfortably for long periods. Capable of fitting clothes, sleeping bag, and more. 40 - 60 liters in size.
- Small Day Pack** - For carrying water bottles and day gear.

Shelter System (Sleeping Gear)

Make a good investment. How you sleep at night affects mood and learning capacity during the day.

- Sleeping Bag** Cold weather mummy bag, if possible. A quality bag rated at 10°-30° is essential. No cotton or flannel-lined sleeping bags.

Water & Food System

- Water Bottle** 1 Liter or more. Non-leaking. Clearly labeled with name. Fill with water. We refill later.
- Mess Kit** Bowl, fork, spoon, cup. Metal or wood are preferred.
- Lunch + Morning/Afternoon Snack** First day only. Must not require refrigeration. Trash-free is ideal. The container must fit within backpack.

Clothing System - Critical for High Quality

Focus your investment on this clothing for overall comfort and safety. For cooler days these are essential. Many items, especially rain gear and boots, can be purchased cost-effectively secondhand.



- Base Layer (aka Thermal Underwear)** Merino wool.
- Merino Wool Socks - 3 Pairs** One pair on feet. One pair in bage. Must fit well to prevent blisters.
- Waterproof Coat and Pants** Heavy-duty rain gear that covers the entire body. Not a light poncho. See Water RESISTANT vs WaterPROOF description below.
- Waterproof Hiking Boots** Waterproof and good fit.

Clothing System - Useful for High Quality

- Rugged pants**, Wool, good synthetic, or heavy-duty canvas.
- Light Shoes or Rafting Sandals** Easy to wear around camp
- Warm Insulating Coat** Wool or good synthetic.
- Warm Stocking Hat** Wool or good synthetic.
- Gloves** Thin enough to perform tasks while wearing them.
- Shorts**
- Swimsuit** Used during camouflage exercises or showering. Shorts can work as swimsuit bottoms.
- Change of "Normal" Dry Clothes** If your "outdoor" outfit gets wet.

Hygiene System - Toiletries

- 2 CDC Recommended Masks**
- Tooth Care** Toothbrush, toothpaste, floss (the most important thing EVER!!!).
- Personal medications (prescription AND non-prescription)** Check in with our staff at drop-off. Please have them out and ready to check-in.
- Sunscreen** SPF 15 or higher clearly labeled with the child's name. Apply before check-in.
- Hand Sanitizer** Make sure it does not leak. Consider putting in a ziplock baggie.

Tool System

- Pencil + Eraser** For Realms Journal.
- Pocket Tape Measure** Small and compact for measuring tracks and plants.
- Illumination** Headlamp or flashlight with charged batteries.
- ESSENTIAL Safety Whistle** On person at all times.
- ESSENTIAL Compass** Best with declination marks.

Realms Tip

We wanted to let you know that although costumes are not required to attend, they are recommended and encouraged!

Some helpful information to keep in mind while selecting costume items:



- Dressing appropriately for the weather and with comfort in mind, comes first!
- Please do not bring anything expensive or sentimental as these items will be used out in the elements and are subject to getting lost, damaged, or extremely well used!

With all the above in mind, we recommend bringing one to three items that will help accentuate your character but still allow the student to dress appropriately. If your student insists on dressing in full costume, we recommend having them wear it around the house to make sure it is comfortable for long periods of time and to pack a change of clothes, just in case.

Some helpful ideas:

- Stylized hat or glasses
- Cap made of old cloth
- Flower or leaf crown or headband with elements that pertain to the character
- Gloves
- Satchel or decorated belt/fanny pack
- Foam weapons (must be approved by staff)