

2024 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		
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			
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		
Envelopes, stationery & stamps , pens/pencils		Pack in ziplock bag so envelopes don't seal themselves due to humidity		
Books				
Camera		Optional (please clearly label all cameras, cases and cords!)		
Musical Instrument		Optional		
ALC songbook		New campers will receive one at camp		

Personal Items(cont.)	# needed	NOTES	#packed at home	# packed 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		Optional Sports 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 standard and bear the SEI seal		
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 OOC		
Frame pack		Optional (ALC has packs campers can borrow)		
Waterproof Rain pants	1	Recommended for Blazers & Guides who hope to go on OOC		
Sleeping pad	1	Ridgerest or Thermarest recommended		

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 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.**

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.