

Adventure Surf Camp – Overnight Camp Packing List

Important Notes:

- Label all items with your camper's name.
 - Pack everything in **one duffel bag** and a **small backpack** for daily use.
 - Electronics (cell phones, iPads, etc.) are **not allowed**, except for a durable digital camera.
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Clothing

- T-Shirts [5]
 - Long Sleeve Sun Shirt [2–3] (sun protection)
 - Board Shorts / Quick-Dry Shorts [4–5]
 - Underwear [6]
 - Socks [4]
 - Swimsuits / Rash Guards [3–4]
 - Light sweatshirt or fleece pullover [1]
 - Water shoes / safe sandals
 - flip-flops
 - Sneakers or old tennis shoes (for dry activities)
 - Waterproof/Breathable Rain Jacket
 - Hat with visor or wide-brimmed sun hat
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Surf & Water Gear

- Towel [2] (beach and shower use)
 - Sunglasses (optional, secure strap recommended)
 - Waterproof sunscreen (SPF 30+)
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Camping Gear

- Sleeping bag (compact, suitable for overnight stay)
- Camp pillow
- Small backpack for daily trips
- Headlamp or flashlight with extra batteries
- Toiletries (travel size)

- Medications (clearly labeled, must be given to the head counselor upon camp arrival)
 - Plastic bags / Ziplocs for wet clothing
 - Reusable water bottle [2]
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Miscellaneous Gear

- Hat with visor
 - Insect repellent
 - Personal journal or notebook
 - Book or small games for downtime
 - Spending money (\$25 cash or debit/credit card for optional snacks or souvenirs)
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Optional Gear

- Digital camera & extra memory cards / batteries
 - GoPro or small waterproof camera
 - Beach games or sports equipment
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Notes on Personal Property

- Virginia Outside is **not responsible** for lost or damaged items.
- Electronics (cell phones, iPads, Kindles) **should be left at home**.
- Campers are responsible for keeping track of their belongings.