

AVID 7 Camp Packing List

- **Please do not over pack. We will only be gone two days.**
- **Please check weather forecast for Palomar Mountain State Park. Check day and night temperatures and plan accordingly.**
- **There are only four token-operated showers for our entire group.**

- List does not include clothes that you wear on the first day
- 2 Pairs of Socks
- Comfortable shoes (We will be walking around a lot.)
- 2 Days of Pants/Shorts
- Kindness
- 2 Days of Underwear
- Towel (Especially if you plan to shower.)
- Jacket/Sweater
- Happiness
- 2 Days of Shirts
- Sleeping Clothes
- Sunscreen (Use it!)
- Backpack
- Hairbrush
- A Good Attitude
- Shampoo (If you plan to shower.)
- Toothpaste
- Toothbrush
- Deodorant
- Other Toiletries (feminine necessities)
- *Chapstick* (Optional, but it may be dry.)
- Gratitude
- Medicines (If you take any)
- Plastic bag for dirty clothes
- Flashlight
- Refillable Water Bottle
- Hat (Optional)
- Sunglasses (Optional)
- Sandals or flip-flops may be useful for showering
- Cell Phone & Charger (Very limited electricity, No WIFI or cell phone signal)
- Food/Snacks (Optional)
- Bring the minimum number of blankets, as well as a pillow, that you will need. (Sleeping bag)
- Dollar bills for shower tokens (You will not need any other money)
- DO NOT BRING earphones or headphones