



Cougar Ridge Elementary – Overnight 5th Grade Camp 2023
Camp Warm Beach @ Stanwood WA
Friday, May 5th - Sunday, May 7th, 2023

PACKING LIST

- Activities happen rain or shine so be sure to pack appropriately! Layering works best.
- Bring old clothes. New clothes will come home looking very old.
- Wear comfortable and sturdy shoes. Rain boots and shoes that can get dirty/muddy are a must.
- Use a sharpie to write your student's name on masking tape to label any luggage or bags. Tags rip/fall off of belongings too easily.
- Wrap your bedding (sleeping bag & pillow) in a sturdy garbage bag with your name on the outside.
- A little cinch sack/small backpack is very useful for kids to carry their water bottle around to all the activities.
- **Mark your name on everything you bring (including shoes).**

Required Items:

Bedding:

- _____ Sleeping Bag
- _____ Pillow

Clothing & Accessories

- _____ Daily change of socks and underwear
- _____ 2 extra pairs of socks
- _____ Hat and gloves/mittens
- _____ Long pants (2 pairs)
- _____ Pajamas or sweatpants
- _____ Sweatshirt with hood
- _____ Plastic bag for dirty/wet clothing
- _____ Raincoat, waterproof coat
- _____ Shirts (both heavy and light weight)
- _____ Swimsuit

- _____ Shoes: tennis or athletic shoes
- _____ Hiking/rain boots
- _____ Flip-flops/sandals for pool or showers

- _____ Refillable water bottle
- _____ Little cinch sack/small backpack
- _____ Flashlight & extra batteries

Toiletries

- _____ Toothbrush & toothpaste, floss
- _____ Soap & shampoo
- _____ Towel (for swimming & bathing)
- _____ Washcloth
- _____ Comb or brush
- _____ Hair ties for longer hair (esp. for activities)
- _____ Sunscreen (lotion or solid)
- _____ Lip balm/Chapstick
- _____ Bug spray

Medication:

- _____ Required medication as identified in registration forms (epi-pens, inhalers, etc.)

Optional Items:

- _____ Book, paper & writing utensils
- _____ Playing cards
- _____ Face masks

Prohibited Items:

Please do not bring any of these items to camp as they are either prohibited in lodging facilities or will cause distractions.

- Cellphones/Smartphones*
- All electronic or smart/connected devices: Apple Watches, iPads or other computer/tablets/music devices, Nintendo DS and any gaming consoles. Fitbits (fitness trackers) are allowed but not recommended as they may be lost/damaged at camp.
- Money or other valuables.
- Food, snacks, candy, gum, soda or other non-water beverages
- Hairdryers, curling irons, any personal electronic appliances

*Prior to boarding the bus to camp, we will ask parents to verify that their child is not bringing their phones to camp. If you feel your child must have their phone at camp in order for you to reach them, you need to email cougarridgecamp@gmail.com by 4/22/2023 to request an alternative arrangement. We will still ask that the phone be surrendered at check-in and held by a parent chaperone for safekeeping.