

# WHAT TO BRING to Backyard Bound

*(The same dress code that applies at your school applies at camp, unless otherwise stated by your teachers.)*

## Essential Items

- Bag lunch for the first day**
- Reusable water bottle (very important to have)
- Flashlight
- Backpack
- Hat/Beanie!
- Medications/ Prescriptions in original packaging

**Hint: You carry your own bags so pack lightly!**

## Accommodations

- Bay Area Wilderness Training will provide Tents (each sleeps 4-5 individuals, same gender) and Sleeping Bags. We will go over check-out and gear management during the tent-set up portion in the morning on the first day. You are welcome to bring your own sleeping bag.

## Clothing

- 2 pairs of Jeans/long pants (synthetic material)
- Shirts, long and short sleeved
- Underwear (1/day)
- 2 pairs socks
- Pajamas
- Warm jacket and hat: It gets cold at night!
- Raincoat or poncho
- 2 pairs of sneakers or boots
- Plastic bag for dirty clothes
- Warm gloves, scarf

**PLEASE PUT YOUR NAME ON EVERYTHING!**

## Toiletries

- Wash cloth (there are no showers)
- Face wash
- Toothbrush and toothpaste
- Comb/brush
- Sunscreen and Lip balm

## Optional

- Flip-flops/Sandals
- Books, pencil
- Inexpensive camera and film

**What NOT to Bring to Backyard Bound:**

- ⊗ Food, gum, candy, cookies
- ⊗ Electronic games
- ⊗ Radios, CD players (we encourage us to make this an electronic-free event during activities)
- ⊗ Hair products, makeup
- ⊗ Your best clothing...you will get dirty!
- ⊗ Clothing with inappropriate advertisements
- ⊗ Hair dryers, curling irons
- ⊗ Sprays (bug, hair, body, etc.)
- ⊗ Knives or dangerous items of any kind
- ⊗ ANYTHING OF VALUE! (Crissy Field Center is not responsible for lost or stolen items)

**Please only use cell phones for emergencies only and not during activities or programs. We want to respect the leader and facilitator, but also want you to experience the activity in an outdoor space to its potential. We ask that you do not text during the summit – thanks for helping us make this a positive experience for everyone.**