

Suggested Packing List & Camp Laundry Information

**2019 Camper Info*

ILC is an active, casual camp. The information below contains details about ILC's climate, our laundry procedure, suggested packing list, and begins with what NOT to bring. It is intended to help you pack up your camper for their session at camp.

WHAT NOT TO BRING

While packing up your camper for their time at ILC please take the time to have a conversation with your camper about prohibited items. In the best interest of everyone's safety please check their belongings to ensure they do not bring any of the following to camp.



If you have any questions about electronics or cell phones at camp see Camper Manual, Section 6B: Cell Phone & Electronics Policy

★ ITEMS THAT ARE NOT ALLOWED

Campers are **NOT ALLOWED** to Bring:

ANY Cell Phone or electronic device that has access to wifi, cell service, or able to transfer data.

OR Any Items That Are Dangerous - Such As:

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| <ul style="list-style-type: none"> ● Any Weapons or Firearms ● Martial Arts/ self-defense weapons ● Any Knives or sharp instruments including fishing/ craft/pocket knives or straight blades ● Tobacco products, vapes or juuls ● Lighter or matches | <ul style="list-style-type: none"> ● Fireworks ● Alcohol ● Legal or illegal recreational drugs ● Fridges or any objects with a condenser ● Pets/Animals ● Energy Drinks |
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★ ITEMS THAT ARE NOT ADVISED

Campers are **NOT ADVISED** to Bring Any Items That Are Valuable - Such As:

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| <ul style="list-style-type: none"> ● Irreplaceable items with sentimental value ● Expensive Jewelry ● Designer Clothes | <ul style="list-style-type: none"> ● Electronic Items ● Etc. |
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ILC is not responsible for loss or damage to any such items, including personal sports equipment brought to camp.

WEATHER INFORMATION

Camper's tend to dress comfortably and prepared for a lot of physical activity and for a variety of temperatures and weather. ILC is located in the Pocono Mountains at 2,500 feet elevation. We have amazing summer weather and clean mountain air. There is very limited humidity, beautiful sunny days and cool nights, perfect for sleeping. Please keep in mind while you are packing that average summer daytime temperatures range from 70 to 90 degrees Fahrenheit and nighttime temperatures can range from 55 to 70 degrees Fahrenheit. Keep in mind that sometimes the weather can vary a lot! So it is good to be prepared for many different temperature and weather changes throughout the day and session.

CAMP LAUNDRY SERVICE INFORMATION

Laundry at ILC is done once a week in commercial washer and dryers off the premises. The laundry process is as follows:

- Each bunk collects and combines their camper's dirty laundry into 2 bags, separated by lights and darks
- Our service picks up all of the bags on Sundays and returns clean laundry on Tuesdays.

SUGGESTED PACKING LIST

Please provide approximately 10 days worth of clothing. Do not bring delicate clothing. All clothing, shoes, linens, equipment, electronics, instruments and cords etc. should be labeled with the camper's name. Use this suggested packing check-off list as a guide. Adjustments should be made to provide for your child's individual interests and needs:

CLOTHING

<input type="checkbox"/> Shirts (Short Sleeved) 7	<input type="checkbox"/> Long Pants / Jeans 3
<input type="checkbox"/> Athletic Shorts 5	<input type="checkbox"/> Shirts (Long Sleeved) 3
<input type="checkbox"/> Other Shorts 3-5	<input type="checkbox"/> Swimsuits 3
<input type="checkbox"/> Jacket / Fleece 1	<input type="checkbox"/> Rain Jacket or Poncho 1
<input type="checkbox"/> Bathrobe 1	<input type="checkbox"/> Socks 12
<input type="checkbox"/> Bras 3-5	<input type="checkbox"/> Sports Bras 3-5
	<input type="checkbox"/> Sweat Pants / Leggings 3
	<input type="checkbox"/> Sweatshirts 3
	<input type="checkbox"/> Warm Pajamas 3-4
	<input type="checkbox"/> Underwear 12

FOOTWEAR

<input type="checkbox"/> Sneakers 2	<input type="checkbox"/> Waterproof Shoes 1
<input type="checkbox"/> Sandals 1	<input type="checkbox"/> Flip-Flops 1

TOILETRIES

<input type="checkbox"/> Shampoo / Conditioner	<input type="checkbox"/> Toothbrush / Floss / Toothpaste
<input type="checkbox"/> Shower Gel OR Soap w/ Container	<input type="checkbox"/> Sunscreen
<input type="checkbox"/> Deodorant	<input type="checkbox"/> Hair Brush / Hair Bands
	<input type="checkbox"/> Bugspray
	<input type="checkbox"/> Toiletry Caddy

BEDDING / LINENS

<input type="checkbox"/> Sheets For Single Bed 1	<input type="checkbox"/> Warm Blankets 2
<input type="checkbox"/> Pillow / Pillow Case 1-2	<input type="checkbox"/> Bath Towels 2-3
<input type="checkbox"/> Washcloths 2	<input type="checkbox"/> Beach Towels 2-3
	<input type="checkbox"/> Sleeping Bag (OPT) 1

INTERNATIONAL CAMPERS DO NOT NEED TO WORRY ABOUT THE PRIOR SECTION, BEDDING / LINENS. ILC provides this for your camper!



We will provide bedding, towels, and linens to all international campers so you do not have to pack and travel with your own. Our linen set includes: 1x Set of Sheets, 1x Pillow with Pillow case, x2 Blankets, x2 Bath Towels
 Domestic Campers: If you are interested in ILC providing a linen set for your camper (i.e. flying in, traveling, etc.), that can be arranged by contacting our office.

MISCELLANEOUS

<input type="checkbox"/> Hats / Caps / Visors	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Water Bottle	<input type="checkbox"/> Drawstring Backpack / Bag
<input type="checkbox"/> Flashlight / Reading Light	<input type="checkbox"/> Watch
<input type="checkbox"/> Laundry Bag	<input type="checkbox"/> Book / Reading Materials
	<input type="checkbox"/> Cotton Leggings/Tights for Circus
	<input type="checkbox"/> Athletic Equipment (i.e. Tennis Racket, Cleats, Skateboard, Boots with Heel for Horseback)
	NOTE: We have plenty of equipment to use at camp, but you may bring your own if you prefer
	<input type="checkbox"/> Prescription Medications ready to be checked into infirmary (see Camper manual section on Camper Medications)