


Suggested Packing List & Camp Laundry Information

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- <i>including razors with removable/replaceable blades</i> ● Lighter or matches | <ul style="list-style-type: none"> ● Nicotine or tobacco products, vapes, jules ● 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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	<ul style="list-style-type: none"> ● <i>ILC is not responsible for loss or damage to any personal items or equipment brought to camp.</i> ● <i>We do not allow trunks at ILC. ILC recommends packing items in duffel bags or suitcases, to ensure bags can be stored under the beds and out of the way.</i>
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WEATHER INFORMATION

Campers tend to dress comfortably, 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 with limited humidity, beautiful sunny days and cool nights (perfect for sleeping). Keep in mind while you are packing that average summer daytime temperatures range from 70 to 90 degrees Fahrenheit and nighttime can range from 55 to 70 degrees Fahrenheit. It is good to be prepared for different temperature and weather changes throughout the day and session.

CAMP LAUNDRY SERVICE INFORMATION

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

- Each bunk collects and combines their campers' 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.
- **Label with the camper's name:** all clothing, shoes, linens, equipment, electronics, instruments and cords etc.
- *Please ensure all luggage and packed items are clean and dry. Put all clothes in the dryer for 30 min prior to packing. Inspect luggage before packing to ensure they are clean and do not have any critters, especially if they are stored in the garage or have been traveling to other places.*
- Use this suggested packing check-off list as a guide. Adjustments should be made for your child's individual interests and needs:

CLOTHING

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

FOOTWEAR

<input checked="" type="checkbox"/> Sneakers 2	<input checked="" type="checkbox"/> Waterproof Shoes 1
<input checked="" type="checkbox"/> Sandals 1	<input checked="" type="checkbox"/> Flip-Flops 1
	<input checked="" type="checkbox"/> Boots with heel for horseback registrants

TOILETRIES

<input checked="" type="checkbox"/> Shampoo / Conditioner	<input checked="" type="checkbox"/> Toothbrush / Floss / Toothpaste
<input checked="" type="checkbox"/> Shower Gel OR Soap w/ Container	<input checked="" type="checkbox"/> Sunscreen
<input checked="" type="checkbox"/> Deodorant	<input checked="" type="checkbox"/> Hair Care Supplies & Hair Bands
	<input checked="" type="checkbox"/> Bug Spray
	<input checked="" type="checkbox"/> Toiletry Bag / Caddy / Zip lock

BEDDING / LINENS

<input checked="" type="checkbox"/> Sheets For Single Bed 1	<input checked="" type="checkbox"/> Warm Blankets 2
<input checked="" type="checkbox"/> Pillow / Pillow Case 1-2	<input checked="" type="checkbox"/> Bath Towels 2-3
<input checked="" type="checkbox"/> Washcloths 2	<input checked="" 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 checked="" type="checkbox"/> Hats / Caps / Visors/ Sunglasses	<input checked="" type="checkbox"/> Sealable Container for Snacks
<input checked="" type="checkbox"/> Water Bottle (with name on it)	<input checked="" type="checkbox"/> Flashlight / Reading Light
<input checked="" type="checkbox"/> Laundry Bag	<input checked="" type="checkbox"/> Book / Reading Materials
<input checked="" type="checkbox"/> Small Mesh Laundry Bags for separating small items (socks, etc)	<input checked="" type="checkbox"/> Athletic Equipment (Shin guards, Tennis Racket, Cleats, Skateboard, Protective Gear/Pads)
<input checked="" type="checkbox"/> Contact info for family & friends (& Their own contact info to share with camp friends to keep in touch after camp)	<input checked="" type="checkbox"/> Prescription Medications ready to be checked into infirmary (see Camper manual section on Camper Medications)