

## 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"> <li>● Any Weapons or Firearms</li> <li>● Martial Arts/ self-defense weapons</li> <li>● Any Knives or sharp instruments including fishing/ craft/ pocket knives or straight blades- <i>including razors with removable/replaceable blades</i></li> <li>● Lighter or matches</li> </ul> | <ul style="list-style-type: none"> <li>● Nicotine or tobacco products, vapes, jules</li> <li>● Fireworks</li> <li>● Alcohol</li> <li>● Legal or illegal recreational drugs</li> <li>● Fridges or any objects with a condenser</li> <li>● Pets/Animals</li> <li>● Energy Drinks</li> </ul> |
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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"> <li>● Irreplaceable items with sentimental value</li> <li>● Expensive Jewelry</li> <li>● Designer Clothes</li> </ul> | <ul style="list-style-type: none"> <li>● Electronic Items</li> <li>● Etc.</li> </ul> |
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	<ul style="list-style-type: none"> <li>● <i>ILC is not responsible for loss or damage to any personal items or equipment brought to camp.</i></li> <li>● <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></li> </ul>
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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 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 (activity appropriate / fuller coverage)	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
		<input type="checkbox"/> Cotton leggings/tights for Circus	

### FOOTWEAR

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

### 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"/> Bug Spray
<input type="checkbox"/> Hair Care Supplies & Hair Bands	<input type="checkbox"/> Toiletry Bag / Caddy / Zip lock

### 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"/> Sleeping Bag (OPT)	1
		<input type="checkbox"/> Beach Towels	2-3

**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/ Sunglasses	<input type="checkbox"/> Games /Activities for Rest time
<input type="checkbox"/> Water Bottle (with name on it)	<input type="checkbox"/> Drawstring Backpack / Bag
<input type="checkbox"/> Laundry Bag	<input type="checkbox"/> Flashlight / Reading Light
<input type="checkbox"/> Small Mesh Laundry Bags for separating small items (socks, etc)	<input type="checkbox"/> Book / Reading Materials
<input type="checkbox"/> Contact info for family & friends (& Their own contact info to share with camp friends to keep in touch after camp)	<input type="checkbox"/> Watch
	<input type="checkbox"/> Athletic Equipment (Shin guards, Tennis Racket, Cleats, Skateboard, Protective Gear/Pads) <i>NOTE: Camp has plenty of equipment &amp; helmets to use, but you may bring your own if you prefer</i>
	<input type="checkbox"/> Prescription Medications ready to be checked into infirmary (see Camper manual section on Camper Medications)