

# STAFF PACKING LIST

## Maine Teen Camp

**PACK LIGHT! WHEN IN DOUBT, LEAVE IT OUT!  
BRING NO MORE THAN YOU CAN CARRY.  
BACKPACKS AND DUFFEL BAGS ARE USEFUL & EASY TO CARRY.**

The following is a **SUGGESTED** list for your convenience.

<b>JEANS/PANTS</b>	<b>2</b>
<b>SHORTS</b>	<b>5</b>
<b>SWEATSHIRT/SWEAT PANTS</b>	<b>1-2</b>
<b>UNDERWEAR</b>	<b>12</b>
<b>SOCKS</b>	<b>12</b>
<b>SWEATER</b>	<b>1</b>
<b>LIGHT JACKET/WINDBREAKER</b>	<b>1</b>
<b>RAINCOAT/PONCHO</b>	<b>1</b>
<b>BATHING SUIT</b>	<b>1-2</b>
<b>T-SHIRTS/SHORT SLEEVED TOPS</b>	<b>10-12</b>
<b>SNEAKERS</b>	<b>1-2</b>
<b>SANDALS / FLIP FLOPS</b>	<b>1</b>
<b>TOWELS (BATH/BEACH)</b>	<b>1-2</b>
<b>DRESS / SKIRT / PANT</b>	<b>1 OUTFIT (SEMI-CASUAL)</b>

**BEDDING/LINENS:** If you are arriving by car, please bring your OWN linens/bedding, consisting of sleeping bag or comforter, twin sheet set, pillow and case, and towels. If you are travelling internationally or flying from a long distance, we will provide you with these items if you wish, though please bring at least ONE towel.

**OTHER SUGGESTIONS:** FLASHLIGHT (TORCH), SUNGLASSES, SUNBLOCK, BUG SPRAY, INEXPENSIVE CAMERA, TELEPHONE CALLING CARD, ANY PRESCRIPTION MEDICATIONS (THESE WILL BE KEPT IN OUR HEALTH CENTER).

**CELL PHONES:** Please be advised that CELL phones are NOT permitted for use on camp grounds. While you may bring your phone to access when you have free time, you may not use the phone in camp. This is a strict rule!

**EMAIL:** Our staff lounge will have internet access for your free time.

**DO NOT BRING:** Expensive technology that you cannot afford to lose! Expensive or sentimental jewelry or other items. Fireworks, weapons or knives of any kind. Illegal drugs. Skateboards or inline skates. Common over-the-counter pharmacy drugs (our health center has a supply).

**MAINE WEATHER:** Maine offers average daily summer temperatures of 75-85 degrees. Most days are clear and sunny, However, we do have bouts of humidity and thunderstorms. The peak-season water temperature is 65-70 degrees.