



CAMP OCCOHANNOCK ON THE BAY

McAfee's Adventure Gear Checklist



BEDDING

- Sleeping Bag
- Soft Sleep Pad (optional)
- 2+ Tent (if you have one please bring)

TOILETRIES

- Shampoo/Conditioner
- Soap
- Toothbrush
- Toothpaste
- Deodorant
- Hairbrush
- Bath Towel(s)
- Washcloth

CLOTHING

- Long Pants (1x)
- T-Shirts (1-3x)
- Shorts (no tight fitting or short shorts, please) (1-3x)
- Long Sleeve Shirt (1x)
- Sweatshirt/Hoodie/Light Jacket (optional)
- Underwear (one change per day)
- Socks, socks, and more socks (one a day)
- Rain Gear (poncho, rain jacket, boots, etc.) (1x)
- Hat/Visor (to block the sun) or Bandana (1x)
- Pair of Closed-Toe Shoes (1x)
- Shower Shoes (flip flops are fine) (optional)

WATER GEAR (WHEN WE GET BACK)

- One piece swimsuit/tankini (for females)
- Swim Trunks (for males)
- Water Shoes/Strap-On Sandals (no flip flops)
- Sunscreen (at least 30 SPF)

OTHER ESSENTIAL ITEMS

- Bible
- 32oz Water Bottle (2x) and or camel pack (no glass)

- Water bottles are available for purchase through the camp store for \$8.42
- Notebook/Pen/Pencil
- Small Flashlight (with extra batteries)
- Bug Repellant
- Day pack/Book bag to carry water bottle and other hiking items (Please Bring)
- Balance of your registration fee, if due
- Health/Permission Forms
- All Medications (in the original box/container)
- \$20 for spending while traveling.

OPTIONAL ITEMS

- Watch
- Sunglasses (non-valuable)

Things NOT to bring
 ANY Electronic Devices (iPods, cell phones, etc.)
 Alcohol, Tobacco, Drugs
 Weapons, Fireworks, Matches
 Cologne, Perfume, Scented Lotions (attracts bugs)

PACKING INFORMATION

- **Write your name on ALL items!** Pack lightly enough that you can easily carry all gear by yourself. Remember, you will be sleeping in tents for most of the week, and your space is limited. Keep your packing simple and minimal. Remember camp is a place for exploring and playing hard. Campers should be able to get wet and dirty without undue concern for clothing. Old clothes are the best option.
- Occohannock on the Bay provides all necessary program, camping, first aid & safety gear, and other camping gear.
- OOTB and the OOTB staff are not responsible for the loss or destruction of campers' personal property, sports equipment, or animals. Please do not send valuable items with campers to camp.

MCAFFEE'S ADVENTURE OVERVIEW

Sunday:

6pm: Arrive at camp

7pm-11pm: Camp Activities and Group Dynamic Building

Monday:

6am: Leave for the Mountains

12pm: Stop for Packed lunch.
(Any other drinks or foods outside what camp will provide must be bought by Campers.)

1pm: Arrive and head to our first trail shelter.

6pm: Dinner

Tuesday-Wednesday

Hike and enjoy the sights

Thursday:

9am: Pack up and head to pick up area

12pm: Lunch

3pm: Arrive at Camp Bethel
(Relax, Tubing, Pool, sleep)

5pm: Dinner

6pm: Other camp activities

Friday:

8am: Breakfast and Depart

4:45pm Return to Camp