



CAMP SOUTHWOODS

ADIRONDACKS, NY

Super Senior Trip 2024

Packing List

Clothes

- (8) Pairs of Shorts/Pants *MANDATORY
minimum two must be synthetic material, no cotton
- (8) Shirts *MANDATORY *minimum two must be synthetic material, no cotton*
- (1) Sweatshirt
- (1) Sweatpants
- (14) Pairs of Socks
- (14) Undergarments
- (1) Nice Outfit
- Pajamas
- (2) bathing suits
- Flip flops
- Sturdy Hiking Shoes *MANDATORY *rock climbing, hiking*
- Sandals with a backstrap (Tevas, Chacos, etc.) *MANDATORY *white water rafting*
- Sunglasses *MANDATORY
- Hat
- Rain Jacket with a hood

Toiletries

- Toothbrush
- Toothpaste
- Hairbrush
- Hair elastics
- Shampoo/Conditioner (travel sized, please)
- Deodorant *MANDATORY
- Chapstick
- Sunscreen
- Bug Spray

Gear

- Backpack with a chest/waist strap
*MANDATORY *Mizpah Hut*
- (1) Compression Sack (15L) *MANDATORY
Mizpah Hut
- (1) Sleeping Bag (rated to 40 degrees or below)
- Small travel pillow
- Lightweight bag w/ drawstring or purse
- (2) Beach towels
- (2) Water Bottles
- Pocket money
- Photo ID

Optional

- Camera
- Travel games
- Hiking poles
- Water bladder insert for hiking bag
- Sleeping pad
- Chalk bag
- Climbing shoes

Note to Families

The gear listed under "optional" is only if you already own these things, you should bring them. You do NOT need to go out and purchase a chalk bag for a one-time climbing trip.