

CGL - 2025 Traditional Packing List

When packing for camp, please keep in mind that we are high in the mountains of Colorado where the sun is stronger and the weather changes faster. Please do not feel the need to buy new or fancy things, and instead send clothes and equipment that can stand the test of summer camp!

Packing Instructions:

- **PLEASE LABEL EVERYTHING WITH A PERMANENT MARKER OR LABEL.** This helps us reunite your camper with any lost items during the session.
- Please pack everything in one **soft-sided bag or duffle**, if possible, so that it may be easily stored under the bed once unpacked.
- Please **do not pack any medications** into your campers bag. These will need to be kept separate to be signed in to the nurse on check-in day.

Laundry:

We do laundry twice during the session. Please send only clothing that can go into commercial washers and dryers.

- Laundry Bag** - Please ensure your campers name is on this.

Laundry is done on the weekends and is returned the same day, so the suggested numbers below help ensure your camper has the right amount of items. Please advise your camper that if they run out of clean t-shirts, for example, they just need to tell their Cabin Counselor and we can fix that!

We provide each camper with:

- A water bottle (one CGL-branded Nalgene)
- Sunscreen
- Amazing staff
- A beautiful setting, great food and snacks
- Bedding: sheets, wool blanket and a pillow
- Long-lasting camp memories, friendships, and more!

Important Must-Haves:

- Flashlight/headlamp with spare batteries, if required.**
- Sunglasses**
- Baseball Cap or Sun Hat**
- Toiletries and a Shower Caddy** - Toothbrush, toothpaste, hairbrush/comb, deodorant, shampoo, conditioner, body wash etc. If your camper has long hair, detangler and hair ties.
- Lip Balm** - to protect from dry air and sun - SPF preferred (also labeled!)
- Rain Gear** - a good waterproof rain jacket is a must!

Shoes / Footwear:

It's rocky at CGL, and we mostly wear closed-toed shoes.

- 2 x Sturdy Sneakers** - for everyday wear and light hiking.
- Hiking Boots** - Not required, as most of our hiking is lighter in nature, however if your camper wants to go on a backpacking trip (Rainbow Trout Village), we recommend at least over-the ankle boots.

- Water Shoes** - Crocs / Tevas / Chacos / Keens etc. - with at least a strap to secure the sandal to feet. Great for heading to the lake and while boating, and to wear in the showers.



Clothing:

Tops:

- 7-8 - T-Shirts
- 3 - Long-sleeve shirts - button or pullover.
- 3 - Sweatshirts - hooded or crewneck
- 1 - Heavy Wool Sweater or Polar Fleece Jacket
- 1 - Durable Windbreaker Jacket

Bottoms:

- 5 Pairs - Shorts - suitable for hiking
- 3 Pairs - Rugged Long Pants/Sweat Pants

Other:

- 9-10 Pairs - Underwear
- 9 - 10 Pairs - Socks (underwear and socks often go missing!)
- 2 - Swim suits - (camp-appropriate and suitable for physical activity)
- 1 - Winter weight pajamas
- 1 - Summer pajamas
- 1 - Wool or Fleece Hat and Gloves/Mittens
- 2 - Towels (one for lake activities)
- 1 - Set of 'nicer' clothing for Friday night dinner & campfire (nothing too fancy! Think "school picture day")

Additional Optional Items

- Sleeping Bag - totally optional! We provide sleeping bags for backpacking trips, so please only send if your camper would prefer to use their own.
- Stationery - including envelopes, stamps, address book and pens/pencils.
- Books! No Kindles, please. Plain old paper books.
- Cameras - old school polaroids, disposable or compact digital camera (not necessary - we take plenty of pictures every day that are posted online for free!).
- Cabin Suggestions - Favorite stuffed animal, comfort blanket, card games, bracelet string, photos from home to decorate the area around their beds.

Things To Be Left At Home

- All electronics (including cell phones, iPods, e-watches)
- Expensive clothes/shoes/watches/jewelry/accessories
- Bug Spray (we do not get bugs at camp, and are not allowed to keep it in cabins for licensing reasons!)
- Food (including candy and gum) - we have a lot of campers with allergies at CGL!
- Anything that doesn't belong at camp (weapons/pocket knives/fireworks/money/e-cigarettes)