

# 2023 CT Packing List

REQUIRED OFFICIAL ALC CLOTHING available only through Maine Camp Outfitters (MCO)	# needed	Notes	#packed at home	# packed at camp
ALC Navy Shorts	4	As a CT, your daughter may bring her own shorts to camp as long as they meet the following expectations: solid navy blue, 5-7" in-seam, no visible logo and one pair must be cotton, twill type. Of course, she may continue to wear MCO shorts if she wishes to do so.		
ALC Blue T-Shirts with logo	4	CTs may order staff shirts from MCO		
ALC White T-Shirts with logo	2	CTs may order staff shirts from MCO		
ALC Navy T-shirt/Polo	1	All staff are required to have a navy blue t-shirt for Opening & Closing Day and Visiting Days. Navy ALC logo T-shirt/Polo/Wicking shirts are available from MCO or you may bring a plain navy t-shirt.		
ALC Navy Sweatshirt	1	(either hooded or crew) with logo		
<b>OTHER NECESSARY CLOTHES</b>		<b>Items with * are available from Maine Camp Outfitters</b>		
Fleece type jacket	1	Navy blue preferred		
Navy sweatpants*	1			
Long sleeve white t-shirt*	1	MCO's has logo		
Blue jeans	2			
Socks: cotton crew*, golf socks	12			
Underwear*	12			
Warm sleepwear*	1			
Lightweight sleepwear	1			
Swimsuits*	3 or 4	Bathing suits can be either one or two piece, but because our CTs are so active while on the water, we ask that they wear only sport style suits that allow full participation in all activities.		
White bathing cap	1	Must be white for safety.		
Swim goggles		Recommended for JR CTs		
Warm bathrobe	1			
Small mesh laundry bag	1	To use for laundering of masks - should be zippered.		
WATERPROOF Rain Jacket with hood	1	It is <i>really</i> important to have a solid Rain Jacket for the CT trip and daily life at camp.		
<b>FOOTWEAR</b>				
Rain boots	1			
Lightweight hiking boots, laced high-top walking shoes, or heavier hiking boots	1	SR CTs should have boots for OOCT		
Sneakers	2			
Crocs or "teva/keen" type sandals	1			
Flip-flops	1	for use to and from the waterfront		
<b>PERSONAL ITEMS</b>				
Toiletries & shower caddy		Toothbrush & toothpaste, soap, shampoo, deodorant, brush, etc.		
Sunblock & Insect repellent		waterproof & not aerosol spray		
Hand Sanitizer		A small bottle if you have some you like.		
Envelopes, stationery & stamps, pens/pencils		pack in ziplock bag so envelopes don't seal themselves due to humidity		
Books		CTs sometimes bring favorites to share with campers in addition to their own reading materials		
Camera		optional		
Musical Instrument		optional		
ALC songbook		Especially important for JR CTs		
Stuffed Animal & family photos		push pins help to hang photos in the tent		

Sudoku & puzzle books, Deck of cards, small games, Bracelet supplies		Please do not pack or send any magazines		
Combination lock		For your Topside locker		
<b>LINENS</b>		If you choose not to bring your own bedding, ALC will provide it.		
Twin size fleece blankets	2	optional		
Twin size flat sheets	3	optional		
Pillow case	2	optional		
Pillow	1	optional		
Bath towels	2			
Beach towels	3-4			
Hand towels	2			
Sleeping bag	1	Sleeping bag will be used on the JR CT and OOCT trips. A 30-40°F synthetic fill bag is recommended. A compression stuff sack is also recommended, <b>the smaller your sleeping bag can pack down the better.</b>		
<b>OTHER EQUIPMENT</b>				
Flashlight and/or headlamp	1-2	please pack three sets of batteries		
Crazy creek type chair*	1	optional		
Backpack day hiker type	1			
Water bottles*	2	1 quart size and dishwasher safe. Nalgene brand recommended as they can be washed easily.		
<b>SPORTS EQUIPMENT</b>				
Tennis Racquet	1	Optional		
Lacrosse/field hockey sticks		Optional		
Lacrosse goggles		Sports safety equipment is required for any CT who wishes to play		
Molded mouthguard		Optional		
<b>TRIP EQUIPMENT - REQUIRED FOR Jr. CT TRIP</b>		Important items for the JR CT Canoe Trip and OOCT trips for SR CTs		
Short sleeve wicking shirt*	1	Must be solid Navy or White		
Wool socks*	2			
Long Underwear (top and bottom)	2 sets	No cotton. For active use on chilly days and keeping warm at night.		
Winter hat	1			
50L+ Frame pack/Dry Bag		Can be borrowed if you don't have one.		
Rain Pants and Rain Jacket	1	Waterproof NOT windbreaker. Should be able to fit a layer or two under.		
Sleeping Pad	1	A <u>closed cell</u> full body length Thermarest Zlite is a good option. There are also many open cell (blow-up) options on the market that offer added comfort. Can be borrowed from OOCT.		
<b>EXTRAS</b>				
Non-Camp Clothes for pre-camp & time off		Please remember that pre-camp clothing needs to be 'work' clothes. Limited storage for these items in Topside.		

In order to avoid lost items **EVERYTHING** must be clearly marked with **SEWN-ON NAME TAPES** (MCO will sew in if clothing is ordered by May 1) OR if you choose to use stick-on clothing labels, please test them to make sure they do not come off in the laundry. Sewn-on name tags are definitely the most reliable way to avoid lost clothing.