Summer Camp Packing Checklist

Print it. Check it. Pack it. Done!

KidzMaps

A note from Arina, KidzMaps founder & camp mom:
My first year I overpacked my daughter so much there was literally no space in the cabin to store anything! Camp cabins and rooms are TINY. Pack smart, not heavy. This checklist is everything you actually need. Trust me.

Clothing & Footwear

- [ ] T-shirts / tank tops (5-7)
- [ ] Shorts (4-5 pairs)
- [ ] Long pants / jeans (2 pairs)
- [ ] Underwear (7-8 pairs)
- [ ] Socks (7-8 pairs, include athletic)
- [ ] Pajamas (2 sets)
- [ ] Light jacket or hoodie
- [ ] Rain jacket / poncho
- [ ] Hat with brim (sun protection)
- [ ] Sneakers / athletic shoes
- [ ] Sandals or flip-flops
- [ ] Water shoes (if water activities)
- [ ] Swimsuit (2 recommended)
- [ ] Swim goggles
- [ ] Towel (quick-dry is best)

Toiletries & Sun Protection

- [ ] Sunscreen SPF 30+ (labeled!)
- [ ] Bug spray / insect repellent
- [ ] Lip balm with SPF
- [ ] Toothbrush + toothpaste
- [ ] Shampoo + conditioner
- [ ] Body wash / soap
- [ ] Deodorant (if age-appropriate)
- [ ] Brush or comb
- [ ] Hair ties / headbands
- [ ] Hand sanitizer (travel size)
- [ ] Facial tissues (travel pack)
- [ ] Moisturizer (if needed)
- [ ] Feminine hygiene products
- [ ] Contact lens case + solution
- [ ] Prescription glasses (backup pair)

Gear & Essentials

- [ ] Backpack (day camp) or duffel bag
- [ ] Reusable water bottle (labeled!)
- [ ] Lunch box + ice pack (day camp)
- [ ] Snacks (nut-free if required)
- [ ] Sleeping bag (overnight camp)
- [ ] Pillow + pillowcase
- [ ] Fitted sheet for camp bed
- [ ] Blanket or light comforter
- [ ] Flashlight + extra batteries
- [ ] Laundry bag (mesh or drawstring)

Health & Safety

- [ ] Medications (labeled, in original box)
- [ ] Medication administration form
- [ ] EpiPen (if needed, labeled)
- [ ] Inhaler (if needed)
- [ ] Health / immunization forms
- [ ] Insurance card (copy)
- [ ] Emergency contact list
- [ ] Allergy info sheet for staff
- [ ] Band-aids / first aid basics
- [ ] Tick removal tool (outdoor camps)

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Comfort & Fun

- [ ] Stuffed animal or comfort item
- [ ] Stationery + stamps (overnight)
- [ ] Pre-addressed envelopes
- [ ] Books or journal
- [ ] Small game or cards
- [ ] Photos of family / pet
- [ ] Disposable camera (phone-free camps)
- [ ] Music player (if allowed)

Overnight Camp Extras

- [ ] Shower shoes / flip-flops
- [ ] Clothing labels (name tags!)
- [ ] Extra ziplock bags (wet clothes)
- [ ] Fan (battery-powered, if allowed)
- [ ] Extension cord (if allowed)
- [ ] Combination lock (for cubby)
- [ ] Cash ($20-40 for camp store)
- [ ] Self-addressed stamped envelopes

Sports Camps

- [ ] Cleats (sport-specific)
- [ ] Shin guards
- [ ] Athletic cup / mouthguard
- [ ] Extra athletic socks
- [ ] Athletic tape / KT tape

STEM / Coding Camps

- [ ] Laptop or tablet (if allowed)
- [ ] Charger + power bank
- [ ] Headphones (wired preferred)
- [ ] Notebook + pencils
- [ ] Calculator (if needed)

Arts / Theater Camps

- [ ] Smock or old t-shirt (paint)
- [ ] Sketchbook
- [ ] Colored pencils / markers
- [ ] Portfolio folder
- [ ] Performance outfit

Outdoor / Nature Camps

- [ ] Hiking boots (broken in!)
- [ ] Headlamp
- [ ] Insulated water bottle
- [ ] Wool socks (2+ pairs)
- [ ] Bandana / buff

DO NOT BRING

- [ ] Expensive electronics
- [ ] Valuables (jewelry, cash)
- [ ] Food with common allergens

Pro Packing Tips

- **Label EVERYTHING** with your child's name. Clothes, water bottles, sleeping bags — all of it.
- **Pack one outfit per bag** (ziplock works great!) — makes mornings super easy.
- **Photo inventory:** Take pics of packed items before drop-off.