2019 DONALD DANFORTH JR. WILDERNESS CAMP
May 26 – 31, 2019
Suggested Packing List

Be sure to label everything with your name including your luggage, bedding and clothing. We are not responsible for lost items. Please do not bring anything to camp that is of value or not replaceable. Things have been lost.

1 waterproof poncho or raincoat
1 jacket
7 full changes of clothes suitable for outdoor activities (at least 2 pairs of long pants)
1 pair of comfortable walking shoes
1 or 2 sleeping outfits
2 towels
Personal hygiene items
1 hat
1 swimsuit
Water shoes to be worn in pool or water activities
1 flashlight
1 32 oz. waterproof water bottle
1 set of bedding (1 pillow, 1 fitted twin sheet and blanket or sleeping bag)
1 recent photo for identification
Any necessary personal equipment (glucometer, etc.)
All medication. Note: MUST BE IN ORIGINAL CONTAINER WITH CURRENT, LEGIBLE, UNALTERED DOSING INSTRUCTIONS.

Optional Items: camera, games, spending money for the camp store. The camp store will only be open Friday, May 31 between 9:00 am and 11:00 am.

DO NOT BRING: radio, tv, video games, food and snacks, expensive items, clothing of value, weapons, alcoholic beverages, drugs, pets, and sporting equipment. Sunnyhill and the Brain Injury Association of Missouri are not responsible for lost or stolen items.

Please call Sunnyhill Adventure Camp (636-274-9044) or BIA-MO (314-426-4024) for questions or concerns. Thank you!