

# 2025 CAMP MICAH PACKING LIST

Below are our suggestions and recommendations. Be sure to order Amerasport items listed ahead of time.

## Clothing/Footwear

- 15 T-Shirts/Tank Tops (*this number includes 3 Micah shirts purchased through Amerasport*)
- 4 Long Sleeve T-Shirts
- 3 Sweatshirts (*number includes 1 Micah sweatshirt*)
- 10 Shorts
- 3 - 5 Long Pants (*jeans, sweats, etc.*)
- 18 Underwear
- 18 Pairs of Socks
- Micah Shabbat Shirt (*purchase from Amerasport*)
- 6 Bathing Suits (*all appropriate for water sports*)
- 4 - 6 Pajamas
- Raincoat
- Jacket/Fleece
- 1 - 2 Hats
- Tie-Dye Shirt or other apparel (*if you have any*)
- 1 - 2 Plain White T-shirts (*washed at home first - to dye or decorate*)
- Extra Clothes  
*Clothes that you don't mind getting messy and could get ruined and/or thrown away*
- Banquet Outfit  
*Many campers wear special clothing for the Final Banquet (both sessions). Some wear a collared shirt with pants/shorts, a nice outfit, or sundress.*
- 2 Pairs of Sneakers
- Rainy Day Shoes or Boots
- Shower Sandals
- Crocs, Keens, or Aqua Socks  
*Beach sandals that have closed toes and secure around the ankle*

## Personal & Bunk Items

- 2 Sets of Regular Twin Sheets, Blankets, Pillows, etc. (*unless renting linens from camp*)
- Sleeping Bag (*lightweight down recommended*)
- Towels (*5 Beach, 5 Shower*)
- Laundry Bag  
*Camp provides individual bags from our laundry service. Each camper must also bring their own bag to hold dirty items when laundry is being done.*
- Backpack for Bus Ride/Day Trips
- Sunscreen/Sunblock
- Bug Spray
- Plug in Fan (*freestanding 6" - 10"*)
- Sunglasses & Eyeglasses/Contact Lenses (*include extra pairs in case any get lost or broken*)
- 4 Water Bottles  
*Send bottles with attached caps that won't get separated in our industrial dishwasher (i.e. Nalgene with Loop-Top Cap)*
- Stationery, Pens, Pencils, Stamps & Envelopes (*Pre-addressed envelopes are recommended*)
- Flashlight or Headlamp (*with batteries*)

- Shower Caddy
- Toiletries  
*Hairbrush, Comb, Soap, Toothbrush, Toothpaste, Shampoo/Conditioner, Deodorant, Nail Clippers, Mouthwash, Floss, etc.*
- Spending money, which is collected, stored in the camp safe, and handed out prior to trips:  
Critters/Prowlers (Grades 2 - 6): \$10 - \$20/session  
Timbers (Grades 7 & 8): \$20 - \$30/session  
Summits\* (Grades 9 & 10): \$100/session  
*\*Most Summits participate in bigger trips out of camp.*

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## Optional Bunk Items

Many families choose to send some of the following optional items to camp.

- Books & Book Light (*with extra batteries*)
- Friendship Bracelet String
- Stationery Clipboard Storage Case
- Markers, Crayons, Paper, Scissors, and/or Tape
- End of Bed Shoe Bag/Organizer
- Small Rug/Bath Mat for Next to Bed
- Canvas Storage Bins for Cubby Shelves (*shelves are approx. 28" W, 13" H*)
- Crazy Creek Style Chair
- A Small Amount of Individually Wrapped Candy to Share on the First Night of Camp (**NO PEANUTS/TREE NUTS**)
- Games and Playing Cards
- Theme Dinner and Goofy Attire  
*(Theme Dinner themes vary from year to year and by session. First/Full Session campers can count on there being a 4th of July Hoedown: denim, red/white/blue, bandanas, etc. Other fun things to have on hand are decade attire, neon, onesie pajamas, or other silly/goofy outfits to wear just for fun)*
- Disposable/Digital Camera
- MP3 Player w/ charger and headphones (*see guidelines*)
- Comfort items (*such as a favorite pillow or blanket, stuffed animals, pictures of family/friends*)

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## Optional Activity Equipment

Camp already provides many of these items at activities. If your child chooses to bring their own that they use regularly, they may do so.

- Musical Instruments (*string, brass, woodwind*)
- Swim Goggles (& nose/ear plugs, if used)
- Soccer Shin Guards
- Rubber Cleats
- Baseball/Softball Glove
- Tennis Racquet
- Lacrosse Stick (*with pads and other safety equipment*)
- Mouth Guard
- Skateboard (*and personal safety pads*)
- Personal Helmet (*i.e. Bike, Hockey*)

## AMERASPORT CATALOG

Campers wear Micah clothing (produced by Amerasport) when out of camp, for inter-camp competitions, and on Friday evenings as we welcome Shabbat. Orders to Amerasport should be placed early and delivered directly to your home so that your camper can try on all clothes to ensure proper fit. Visit [www.amerasport.com](http://www.amerasport.com) to order required items. A list of the few required clothing items can be found below. Amerasport offers many of the items on our packing list. Feel free to shop via Amerasport or through any preferred source. Only the items listed as "Required Clothing" below must be purchased from Amerasport. Our packing list is also available by logging into our website and visiting the Forms section.

### REQUIRED CAMP MICAH CLOTHING

The following required items are to be purchased from Amerasport. Families may order by calling 800-786-9402 or by visiting [www.amerasport.com](http://www.amerasport.com) (where you can view and/or purchase camp clothing and other items).

- 1 White Camp Micah T-Shirt (Choose Cotton or Under Armour)
- 1 Navy Camp Micah T-Shirt (Choose Cotton or Under Armour)
- 1 Gold Camp Micah T-Shirt (Choose Cotton or Under Armour)
- 1 White Camp Micah Shabbat Shirt  
(campers may choose between a polo-style collared shirt or a fitted/women's-cut v-neck shirt)
- 1 Camp Micah Sweatshirt (any variety)

#### **Suggested, but not required, for inter-camp competitions:**

- 1 Pair Navy Camp Micah Shorts

### **Don't forget to read the list of what NOT to pack**

## GENERAL PACKING INFORMATION

At Camp Micah, we bring the best of ourselves. What we wear is not as important as who we are!

- **Everything your child brings to camp must be clearly marked with their name** (including all clothing, shoes, sporting equipment, and other personal items). If you buy nametags from Amerasport, they will affix them into any items purchased from them. If you wish to purchase washable peel-and-stick name labels, we recommend LabelDaddy. To take advantage of a 10% discount for our families, visit [www.campmicah.labeldaddy.com](http://www.campmicah.labeldaddy.com) and enter the promo code "campmicah" at checkout.
- Non-allergenic blankets, sheets, pillowcases, and pillows are available for rent. Be sure to complete and submit the Linen Confirmation Form.
- If you choose to pack your own linens, please send 2 sets, so that when one is being laundered your child can re-make their bed.
- Laundry is done weekly. Campers need a 14 day supply. DON'T send articles that need ironing or aren't colorfast!
- All camping equipment, with the exception of a sleeping bag, is provided. A lightweight down sleeping bag is recommended for occasional bunk activities, an extra blanket if a night gets cold, and to sleep in on the last night of camp when linens are already packed to go home.
- Campers should leave expensive, valuable, or fragile items at home.
- Bathing suits should all be appropriate for water sports. They may not be secured solely by strings, be strapless, or lack full coverage.

## THE TRADING BLOCK

At the end of each session, a tradition has developed at Camp Micah where many campers trade clothes with other campers and their counselors during "The Trading Block." This is a fun tradition that many campers look forward to but we would like to make sure that families are aware of it. Please make it clear to your child what is and is not appropriate to trade. We give campers parameters before trading begins. Only clothing may be traded.

## TIE-DYE THURSDAYS

Thursdays at Camp Micah are called Tie-Dye Thursday and many campers like to dress for the occasion. We encourage everyone to bring some tie-dye apparel. If you don't have any tie-dye to bring to camp, you might have the chance to make your own so be sure to pack some plain white t-shirts. Pre-wash any plain white shirts at home before packing them so dye will stick!

## SAFETY EQUIPMENT

Campers are only allowed to use skateboards or rip sticks with the proper safety equipment including a helmet, wrist, knee, and elbow pads. Camp provides skateboards and safety equipment for all campers utilizing the skatepark. If you choose to send rip sticks or personal skateboards to camp, they need to be brought with the proper safety equipment. Personal skateboards and rip sticks will be stored in the skateboard shed.

## WHAT NOT TO PACK

It can be a struggle to balance camp life with technology. At Camp Micah, we assist kids in unplugging for the summer - which is more important than ever. For many reasons, including the safety of our campers, we find it necessary to prohibit campers from accessing the internet while at camp. Technology changes so fast and it's difficult to keep up with which devices have the ability to connect to the internet (whether via Wi-Fi or 4G/LTE, 5G, etc.). We have, therefore, instituted a **NO SCREENS** policy at camp. In order to restrict campers' access to the internet, and to assist them in unplugging and enjoying camp life, **the following items are NOT ALLOWED at camp:**

- Cell phone, smartphone
- Smartwatch, Apple Watch (GPS or Cellular)
- Laptop, chromebook, iPad/tablet, any device that connects to the internet
- iPod Touch
- MP3 player with a screen, videos, games, and/or access to the internet
- Kindle or other e-reader
- Video game system, console, or handheld game
- Mini television

Also not allowed are:

- Sunflower Seeds
- Hoverboard, Onewheel, electric scooter, or other motorized devices
- Hair straightener or curling iron
- Expensive jewelry or other valuables
- Alcohol, cigarettes, e-cigarettes, drugs (legal or illegal), drug or vaping paraphernalia
- Weapons
- Bunk Hammocks
- Animals or pets
- Over the counter or prescription medication may not be brought to camp or kept in camper cabins. All medication and vitamins must instead be ordered through CampMeds. (pg. 7)

We do encourage campers to bring a music playing device, if they wish, and there are non-Apple MP3 players available that do not have games, screens, videos, or access to the internet. In the past few summers, some campers have brought Campfire Players. For avid readers, we encourage sending good old fashioned books to camp! Camp Micah also has a small library on site.

**Cell phones and other banned electronic devices are not allowed at camp - which includes on the bus to/from camp. If a camper brings a cell phone or other banned electronic device to camp, they will be sent home and tuition will be forfeited. For those traveling by plane, a staff member will collect and label all phones and store them for the summer.**