

2026 CAMP L.E.A.D. PACK LIST

for Ages 8 to 11



Getting ready for camp should feel exciting, not overwhelming. This packing guide (aka Pack List) helps you send your camper prepared for a full day of outdoor adventure, exploration, and fun. From what to wear to what to tuck into their backpack, you'll find everything you need to make sure your camper is comfortable, confident, and ready to jump right into the day.

Important: Please send your child dressed for the weather and prepared to spend the full day outdoors. Clothing should be comfortable for active outdoor play, including pants or shorts, a t-shirt, socks, and tennis shoes suitable for hiking and exploration.

When possible, we recommend non-cotton clothing. Synthetic or athletic-style fabrics dry faster and are more comfortable for active days outside.

Daily Items to Bring

Please make sure your child brings the following items each day:

- Backpack
- Closed-toed shoes (tennis shoes are sufficient)
- Rain jacket
- Swimsuit
- Towel
- Sunscreen
- Bug spray
- Hat
- Water bottle
- Water shoes (with heel strap)
- Change of clothes

Medications

If your child requires medication, please administer it prior to arriving at camp each day if possible.

If your child must take medication during the camp day, the following requirements apply:

- Medication must be in its original bottle or container
- A signed medication release form authorizing The National Center for Outdoor & Adventure Education's (NCOAE) staff to administer medication is required (if you need assistance with the form, please call our office at (910) 399-8090)

NCOAE staff members who are authorized to administer medication are trained in First Aid and CPR.

Provided by NCOAE

NCOAE will provide all camp program supplies for activities, as well as lunch and two snacks each day.

Questions?

Please contact NCOAE headquarters by email or phone: info@ncoae.org | (910) 399-8090

Office hours are Monday–Friday, 8 a.m. – 5 p.m. EST.