



NLC Participant Packing List

- **Please make sure all clothes and belongings are clearly labeled with the participant's name.**
- Remember to be prepared for all weather conditions: warm, cold, wet, dry. You will be sleeping in a screened cabin without electricity. Be sure your pajamas and sleep systems are appropriate for cooler temperatures.
- Clothing should not have inappropriate words or symbols (such as drugs, tobacco, alcohol, or violence). We recommend functional swimwear that covers the body appropriately for active and unencumbered movement and play on the waterfront.

CLOTHING

- 8 T-shirts/other tops
- 2-3 pairs shorts
- 8 sets underwear
- 8 pairs of socks
- 1 white, casual shirt for class presentation (T-shirts okay)
- 1-2 swimsuits
- 3-5 long-sleeved shirts
- 2-3 heavy sweatshirt/fleece
- 3-4 pairs jeans/slacks/long pants
- 1 warm jacket
- 1 windbreaker jacket
- 1-2 pairs sweatpants
- 3-4 sets pajamas
- 1 pair flip-flops for shower
- 1 pair sports sandals (front and back strap required)

- 1-2 pairs sneakers
- 1 waterproof poncho or rain jacket and pants
- 1 hat for sun protection

EQUIPMENT

- 1-2 bath towels
- 1 beach towel
- 1 washcloth
- 1 warm sleeping bag or twin-sized sheet set and blanket
- 1 pillow
- 1 flashlight or headlamp with spare batteries
- 1 bottle insect repellent
- 1 bottle sunblock
- 1 toiletry kit: toothbrush, toothpaste, soap in a soap

- box, shampoo, comb, brush, shaving articles
- 2 notebooks: 1 for leadership material and notes, 1 for a journal
- 1 small backpack
- 1 water bottle
- 1 individual hand sanitizer

OPTIONAL

- A book
- 1 watch (no smartwatches)
- 1 digital or disposable camera (no smartphones)
- Hobby materials
- Athletic equipment
- Musical Instrument
- Stationery/stamps

What Not to Bring

- **Electronics such as smartphones, tablets, handheld video games, smartwatches, fitness trackers, e-readers, or other connected devices.** Digital cameras are OK. Any smartphone or Internet-connected device will be checked into safekeeping for the duration of conference.
- Snacks, sodas, or sports drinks. Because we have participants with severe food allergies, outside food, candy, and gum are not allowed.
- Pocket knives, hunting knives, hatchets, axes, lighters, matches, candles, or fireworks.
- Aerosol cans for sunscreen, bug spray, hair spray, or other products
- All medications, **including over-the-counter and vitamins**, must be turned into the Health Team at check in. Please review our [Health Policies](#) for more information.

If participants bring the above items, staff will collect them and return them at the end of conference.

Participants and staff may not bring weapons of any kind, drugs or drug paraphernalia, alcohol, tobacco products, vapes or vape materials to Miniwanca. If these items are found, the owner will be asked to leave Miniwanca immediately.