



FARM & WILDERNESS

PACKING LIST

Overnight Camps

Firefly Song | Tamarack Farm | Timberlake
Saltash Mountain | The Clearing

2026

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& HYGIENE/TOILETRIES
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TIP: As you go through this document, if you spot underlined text in BLUE, it's a link!
Links are for examples and where to buy gear, suggested throughout.

HAPPY PACKING!

GETTING READY

TIPS & REMINDERS

LAUNDRY

Laundry service during camp for campers goes out about once per week.

Pack enough clothing to last between laundry periods during your time at camp. Also, you may note we mention wool/not cotton items a whole lot, and there are many reasons for this! Not only will it keep you warm even if wet, but wool's also odor resistant and [you can wear wool socks a couple of times between washes!](#)

STORAGE

ALL of your camper's belongings should be stored in one trunk or sturdy tote/container no taller than 18" to fit under bunks. Please do not bring multiple storage bags or containers. Lean towards hard sided/easily cleaned storage, and see if you've got something to repurpose for this job!

Your name and address should be labeled somewhere on the outside and inside of your storage container. We recommend including a final list of items inside your storage container to help remember what was brought when it comes time to pack up and head home.

LESS IS MORE IN THE OUTDOORS

In accordance with guidance from the American Camp Association, please limit belongings sent to camp to the essentials.

A big part of a camper's summer experience is gaining independence around managing personal belongings. We recognize this is a learning process. We find that campers have a much more fun-filled time at camp when they are less focused on managing the items they bring with them.

If you are buying items on this list for camp, consider buying used or from an outlet.

Clothes and gear get dirty, as well as experience heavy wear during the summer. There is a high likelihood that many of our campers' items don't come back in the same condition they arrived. Therefore, we strongly suggest that you leave valuable items, which could be lost or damaged, at home.

LABEL EVERYTHING WELL!

- Don't overpack! Fewer items to keep track of is helpful.
- The best labels have a camper's first and last name. However, a label with the family last name is better than no label.
- Pay attention to the type of material each label is for.
- When labeling a non-clothing/hard surface item like a water bottle or headlamp, a piece of clear tape placed over the label helps seal it on, whether it's marker or sticker.
- Iron-on labels are the way to go for any clothing that can be ironed.
- Stick-on labels can stay on clothing tags, but are not always great at staying on the clothing itself.
- Sewn-in labels work too, if you fancy doing so
- The best method to label footwear are [insole labels](#).



STORAGE

Please aim to fit everything on this list into one storage trunk, footlocker, tote or sturdy container.

Max height of no more than 18 inches.



BEDDING

1 PILLOW

2 PILLOW CASES

&

1 OF THE FOLLOWING BEDDING OPTIONS:

- 1 sleeping bag & 1 wool or microfleece blanket
- 2 twin fitted sheets, 2 twin flat sheets, and 2 twin blankets
- 2 twin fitted sheets, 2 twin flat sheets, 1 twin blanket, & 1 sleeping bag

Campers attending Saltash Mountain should choose #1 or #2 if possible

HYGIENE & TOILETRIES

- Toiletries Kit
 - Toothbrush — with toothbrush holder or baggie
 - Toothpaste — enough for entire stay
 - Biodegradable/plant based soap & shampoo — [EXAMPLES](#)
 - Washcloth, sponge, or natural loofah (avoid plastic)
 - Deodorant, as appropriate for your camper
 - Mesh or heavy duty seal-able bag to store all the above items
- 2 towels
- Menstrual supplies — enough for whole time at camp with a seal-able bag to hold them and keep them dry. For tampons, please consider cardboard/biodegradable applicators, or no applicators if possible
- Sunblock — SPF 30 or higher
- Medications/vitamins — enough for the entire stay at camp, must be in original packaging, must be given to the nurse at drop off.
 - For wilderness trips, no liquid or gummy medication can be packed out. See more info in Family Handbook.
- Insect repellent. Families may opt to treat clothing with a [Permethrin spray](#) prior to arrival.



CLOTHING

- 1 pair of long underwear, separate top and bottom — wool or any wicking synthetic material, NOT cotton
- 10+ pairs of underwear
- 2-3 bras — as appropriate for your child with at least one sports bra
- 6-10+ pairs regular/everyday socks — based on the number of days your child will be at camp
- 2-4 pairs boot height wool hiking socks — based on the length of trips your camper will be doing, wool/nylon blend okay, machine washable
- 4-6 short-sleeved shirts
- 2 long-sleeved shirts
- 2 pairs of long pants — lean toward jeans/canvas rather than only leggings/sweatpants
- 4-6 pairs of shorts
- 1 heavier sweater/jacket — wool or fleece, NOT cotton
- 2 additional tops for layering — polypro, wool, or cotton/poly blend
- 1 pair of everyday sneakers (with a decent tread!)
- 1 pair of Crocs or similar — for showers/swim time
- 1 pair of sturdy hiking shoes/boots — broken in and fit well for working and hiking. Can be trail shoes as well. Tall/Ankle support optional.
 - Trail runners
 - [How to Break in Hiking Boots](#)
- 1 pair rubber boots — for in-camp rainy days. Can be optional, but strongly recommended
- 1-2 bathing suits
- 1 rain gear set — nylon poncho or raincoat w/hood & pants
- 1 brimmed hat — baseball cap or similar for sun protection
- 1 warm, knit hat — wool or fleece
- 1-2 sets of sleepwear — consider including thick, warm fleece/wool socks

**Laundry is sent out weekly, so we suggest ~10 days worth of clothes.
Campers are provided with individual laundry bags.**



CAMP & CABIN GEAR

ALL PROGRAMS

2 sturdy 1-liter/32 oz. water bottles

- No glass!
- Metal can be heavy to carry around, so at least one plastic one is a nice option

1 Headlamp — with new & spare batteries

- A headlamp with a red light setting is a great option

Stationary — Envelopes, paper, postcards, writing utensils, stamps

- We suggest peel and stick seal envelopes, or a sealed bag to prevent them from sealing in humidity
- Include your summer/home mailing address so your camper can easily write home, as well as other folks they may like to write to!
- Practice how to address mail with your camper

Camper Name & Camp
Cabin Name (optional)
401 Farm & Wilderness Road
Plymouth, VT 05056

WILDERNESS TRIPS GEAR

WILDERNESS TRIPS

- 1 whistle — on a cord that fits over your head
- 2 bandanas
- Eating dishes & utensils for trail use, aka a "Mess Kit":
 - 1 sturdy reusable cup
 - 1 8-inch plate or shallow bowl
 - 1 stainless steel spoon and fork
 - Container to hold all dishes and utensils, such as a mesh drawstring bag
- Optional: 2-3 pairs of liner socks — not cotton, to be worn under wool socks

Tamarack Farm campers do not need a mess kit, but are encouraged to bring a sleeping bag, sleeping pad, and frame pack if they have them.

OPTIONAL

- 1 sleeping bag
 - Synthetic fill (polaguard, Quallofill, Hollofil, etc.)
 - Nylon shell, no cotton
 - Include compression sack so it can be stuffed into frame pack for trips
 - Summer or 3 season temperature rating (~20-39 degree range)
 - This can be the SAME sleeping bag if you choose to bring one for bedding!
- 1 sleeping pad
 - Foam preferred, with straps to attach to pack
- 1 frame backpack — large enough to hold camping gear, ~50-65 liters. Remember: fit is more important than capacity for a frame backpack.
 - Be sure all straps and buckles are in working order
 - Day packs or book bags are NOT adequate substitutes
 - Internal frame recommended

See Page 10 for more camp specific information

Farm & Wilderness has a supply of frame backpacks, sleeping bags, and sleeping pads available for campers to borrow. Reach out to your camp director for more info!

OPTIONAL ITEMS

- A washable sleeping bag liner — for hotter nights when you may not want to be in your sleeping bag
- Inexpensive camera — battery operated only, not rechargeable. Film is best, but if it's a digital camera, no auto-review function/screen.
- Musical instrument with protective storage case — inexpensive and able to stand up to the rigors of a rustic environment. We cannot replace the instrument if it is lost or damaged.
- Camp chair — small, pack-able chair like a “crazy creek”, [trail chair or stool](#)
 - Hammocks are not recommended as they often require setting up away from the group
- Compass — with lanyard
- Sketch pad or journal — with crayons or pencils
- Leather or canvas work gloves for work projects
- Sunglasses — with a case
- Books — limit to a couple, we have a library with some popular books available to all campers.
- Games — easy, quick, compact board or card games with little to no pieces are best. We also have a few for campers to use.
- Basic sewing kit — we may sew, but this item is not critical considering each camp has its own arts and crafts area
- Stuffed Animals — as with everything else on this list, best to keep at home if very precious
- [Mosquito screens and nets](#) — soft-mesh mosquito netting; this comes in standard sizes and can be tacked and draped around campers bunks as needed.
- Fixed-blade, sheath knife — no longer than 4 inches with non-serrated blade
 - We have knives for campers to borrow during lessons & activities
 - Here is an example:
 - [Mora](#) Companion (s) model
 - We train and test our staff and campers to use these tools properly
 - Improper use or use without training will result in suspension of knife privileges
 - No multi-blade/multi-function tools permitted

Note about dress-up items or costumes: Campers are encouraged to bring a few pieces of fun, optional dress-up items. Some camps may have costume areas to borrow items and wash after each use, while other camps may not. Reach out to your camp director with questions!



CAMP SPECIFIC

SALTASH MOUNTAIN

- Remember for bedding to bring either
 - 2 twin fitted sheets, 2 twin flat sheets,
1 twin blanket, & 1 sleeping bag
 - 1 sleeping bag & 1 wool or microfleece blanket
- While having your own pack is not required, if you do decide to invest in one, this guide can help give you an idea of what to look for as you try them out!

[HELPFUL PACK FITTING VIDEO GUIDE](#)



THE CLEARING

- Bring a sleeping bag as bedding option.
- A wool or microfleece blanket
- Do NOT bring flashlights or watches



TAMARACK FARM

- No need to pack wilderness trips gear, but do bring a sleeping bag, sleeping pad, and frame pack if you've got them.
- For swimming- a rash guard or swim shirt (either sleeves or sleeveless)
- For immersion work: 2-3 pairs of sturdy pants like jeans or canvas, not leggings or sweatpants
- A watch is optional, but helpful



DO NOT BRING

- No phones, no tablets/iPads, no headphones/airpods
 - Make a plan ahead of time for these to NOT come to camp
- No electronics
 - Cameras are OK as long as there is no auto-review screen. Cannot require to be plugged in to charge, especially as camper cabins have no electricity!
- No tobacco, drugs, vape materials
 - no smoking, drug use, or vaping is permitted on Farm & Wilderness property and is grounds for immediate dismissal
- No hatchets, firearms or weapons of ANY kind
- No knives with blades longer than 4 inches, folding knives, or multi blades like Swiss Army knife or multitools, such as a Leatherman
- No candles, lighters, or matches
 - We supply fire making supplies when needed
- No money
 - All activities/trips are included, no extra charges/spending needed!
- No food of ANY kind
 - Food will attract animals to sleeping areas
- No valuable and/or irreplaceable items
- No breakable or glass bottles
- No animals: between the Farm and the Wilderness, there's plenty.
 - Stuffed animals are okay to bring!

*When in doubt,
reach out & ask!*



WHERE TO GET GEAR

BUY USED, LOCAL & THRIFTY WHEN YOU CAN!

It's good for your budget and good for the environment if you need to buy "new" used clothing and gear for camp. Below is a list of suggested retail stores that offer used or consignment items. If you are going to buy new, we suggest investing in gear that your child won't quickly outgrow, such as a backpack or sleeping bag.

If you forgot to pack an essential item when you arrive to camp or if there are camping items on this list which are out of your family's price range, please let your camp director know and make arrangements BEFORE arriving at camp. We have limited supplies of larger, pricier items for campers to borrow, like frame packs or sleeping bags.

DON'T FORGET TO CHECK OUT THE FARM & WILDERNESS ONLINE STORE!

[F&W STORE](#)

SUGGESTED USED, TRADE-IN, OUTLETS, AND CONSIGNMENT OUTDOOR GEAR

[Arc'Teryx Used Gear](#)
[eBay Camping & Hiking Equipment](#)
[Geartrade](#)
[Goodwill](#)
[North Face Renewed](#)
[Outdoor Gear Exchange Consignment](#)
[OutdoorsGeek](#)
[Patagonia Worn Wear](#)
[REI Outlet](#)
[REI Good & Used Clothing Store](#)
[Sierra Trading Post](#)
[ThredUp](#)
[Tuff Kids Outdoors](#)

SUGGESTED OUTDOOR GEAR RETAIL STORES AND BRANDS

[Backcountry](#)
[Campmor](#)
[Carhartt](#)
[Columbia](#)
[Cotopaxi](#)
[Dovetail Workwear](#)
[Darn Tough Socks](#)
[Granite Gear](#)
[Liberty Mountain](#)
[Marmot](#)
[Merrell](#)
[Public Lands](#)
[Oboz Footwear](#)
[Outdoor Gear Exchange](#)
[REI](#)
[Vasque Footwear](#)

**BLUE = link.
Click on it!**

F&W SINGLE SHEET CHECKLIST

- Trunk/Case/Tote for storage
- 1 Pillow with 2 pillow cases
- Bedding — sheets, sleeping bag or combo
- Toiletries kit:
 - Toothbrush & toothpaste — with toothbrush holder or baggie
 - Biodegradable/plant-based soap & shampoo
 - Washcloth, sponge, or natural loofah
 - Deodorant
 - Mesh or heavy duty seal-able bag
- 2 towels
- Menstrual supplies
- Sunblock — SPF 30 or higher
- Medications/vitamins
- Insect repellent (Note: no aerosol cans)
- 1 pair of long underwear, separate top and bottom
- 10+ pairs of underwear
- 2-3 bras
- 6-10+ pairs regular/everyday socks
- 2-4 pairs boohheight wool hiking socks
- 4-6 short-sleeved shirts
- 2 long-sleeved shirts
- 2 pairs of long pants
- 4-6 pairs of shorts
- 1 heavier sweater/jacket — wool or fleece
- 2 additional tops for layering
- 1 pair of everyday sneakers
- 1 pair of flip-flops or similar
- 1 pair of hiking/work boots
- 1 pair rubber boots — optional
- 1-2 bathing suits

- 1 rain gear set
- 1 brimmed hat
- 1 warm, knit hat — wool or fleece
- 1-2 sets of sleepwear
- Stationary — Envelopes, paper, postcards, writing utensils, stamps
- 2 sturdy 1-liter water bottles
- 1 flashlight or headlamp with new & spare batteries
- 1 whistle — on a cord
- 2 bandanas
- Mess kit:
 - 1 sturdy reusable cup
 - 1 8-inch plate or shallow bowl
 - 1 stainless steel spoon and fork
 - Container to hold all dishes and utensils

CAMP SPECIFIC/OPTIONAL ITEMS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

...and NONE of the restricted items!