

## WHAT TO BRING to GIRLS IN SCIENCE CAMP

- Campers will be outside most of the time and should bring rugged clothes that can get dirty.
  - Please label items with child's name.
- 
- sleeping bag
  - pillow & pillow case
  - 2 towels and washcloths
  - soap, comb/brush, toothbrush/toothpaste, etc.
  - tote bag for toiletries (bathroom is in a separate building)
  - 2 pairs of long pants
  - 1 pair of shorts FOR EACH DAY
  - swim suit
  - 1 shirt or t-shirt FOR EACH DAY
  - 1 sweater or sweatshirt
  - jacket
  - brimmed hat (for sun protection)
  - at least 1 pair of socks FOR EACH DAY, plus 2 extra pairs
  - 1 pair of pajamas
  - at least 1 pair of underwear FOR EACH DAY, plus 2 extra pairs
  - tennis shoes
  - 1 pair of comfortable sturdy shoes or boots for hiking (well broken in)
  - old tennis shoes for stream wading and swimming (NOT sandals such as Crocs, Texas or Chacos. If you want to swim, you must bring shoes for the water.)
  - 1 flashlight with good batteries
  - 1 daypack/knapsack
  - 1 water bottle with tight-fitting lid
  - Rain Jacket and/or poncho **WATERPROOF RAINGEAR IS A MUST!**
  - sunglasses and sun protection lotion
  - extra bag for dirty clothes (spare pillowcases work great!)

## **OPTIONAL ITEMS**

- reading materials
- playing cards
- pre-stamped envelopes and paper (for writing home)
- camera
- magnifying glass, binoculars, etc.

## **WHAT NOT TO BRING**

- Snacks, food, candy, gum (these attract insects and rodents into the tents!)
- Cell phones, iPods, Gameboys, radios, CD players, hair dryers, curling irons or any other electrical equipment.

Also do NOT bring

- Crocs, Texas, Chacos, etc. (Open-toed footwear such as these have been known to cause ankle injuries and open wounds.)
- Money (Gift shop items will be for sale on the first and last days of camp, and campers may go with adults during drop-off or pick-up. T-shirts may also be ordered in advance.)
- Knives of any kind

PLEASE NOTE: Cell phones are NOT permitted at camp. If you normally depend on one for its camera capabilities, we suggest that you instead bring a digital or disposable camera.

GREAT SMOKY MOUNTAINS INSTITUTE AT TREMONT  
9275 Tremont Road  
Townsend, TN 37882  
Phone: 865-448-6709  
Fax: 865-448-9250  
[www.gsmit.org](http://www.gsmit.org) ~ [mail@gsmit](mailto:mail@gsmit)