

## GSSEM – Camp Innisfree Destinations Equipment List

### For Sleeping:

- sleeping bag or 1-2 blankets for cold nights
- pillow/pillow case
- sheet (for hot nights)

### Clothing:

- underwear
- shorts
- pants
- sweater or fleece or polartech jacket
- t-shirts
- pajamas
- socks
- 2 pair wool socks
- comfortable shoes that tie (for hiking)
- tennis shoes
- sun hat
- swim suit

### General Items

- washcloth
- towels
- bar of soap and soap dish
- shower shoes (required)
- toothpaste and toothbrush
- shampoo and other toiletries
- lotion
- comb or brush
- laundry bag
- flashlight and extra batteries
- mosquito repellent (no spray cans)
- jack knife (optional)
- sanitary napkins/tampons
- approximately \$30.00 - \$50.00 for trading post and spending money for out of camp trips
- medications
- sunglasses
- chapstick & sunscreen
- water bottle

### For Wet Weather:

- raincoat - waterproof (no ponchos)
- rain hat or hood (optional)
- boots or spare shoes for wet weather

### Optional:

- swaps
- camera
- stationery and stamps
- journal
- book to read

### Specifics for Cowgirl U. and Ropes and Reins:

- Long pants (jeans are good. Don't plan to ride in capris or shorts or track pants of any kind)
- t-shirts (tank tops are not allowed at the barn)
- Socks that cover the ankle
- Riding boots (please avoid hiking boots or footwear with a lug sole as they can become wedged in the stirrup. Also avoid riding in fashion boots with heels higher than 1")
- Journal (to keep track of your adventure at the barn)
- Helmet (If you have your own ASTM/SEI certified equestrian helmet, you may ride in your own so long as it is less than 6 years of age, well fit to the rider, and has never been in a fall. Bicycle helmets are not permitted.)