




Camp UniStar Youth Week

Packing List

Summer weather in Northern Minnesota is hot, warm, chilly, cold, sunny, cloudy, damp, rainy, windy, calm and often all of the above in one week. Campers are advised to come prepared with clothing and equipment for cold nights, rainy days, and hot weather.

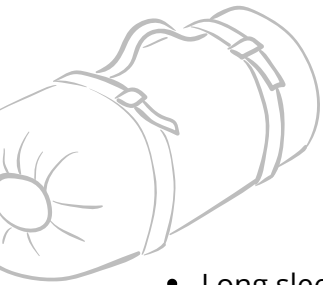
The following is a list of items that seasoned campers have found to enhance their experience. Don't forget to label all valuable and personal items.

 Items marked by a leaf are part of Camp UniStar's sustainability focus





BEDDING & SOFT GOODS

- Sleeping bag or blanket
- Sheets (double or single)
- Pillow case and pillow
- Towels- for beach AND bathing



PERSONAL ITEMS

-  • Soap & shampoo (eco/septic friendly)
- Any prescription medications, allergy medications, epi pen's etc.
- Insect repellent (mosquito & tick)
- Sunscreen
-  • Reusable water bottle (filtered water available)
- Flashlight or headlamp
- Sunglasses
- Phone or electronic chargers (but we encourage you to un-plug)
- Headphones
- Petty cash for kiosk items and ping-pong balls

CLOTHING

- Long sleeve shirts and sweatshirts for warmth, bug & sun protection
- Long socks to pull over pants (for ticks!)
- Long pants and shorts
- T-shirts and tank tops
- Underwear and socks
- Beachwear and swimsuit
- Dress up clothes for the dance
- Costumes or props for the talent show
- Something to tie-dye
- Closed toe shoes
- Extra footwear, incase the first pair is wet
- Hat
- Rain gear



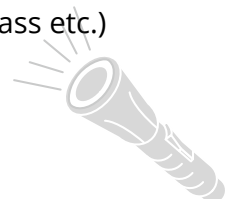
RELAXING ACTIVITY ITEMS

- Reading materials (there is a small library of books at camp)
- Craft or art materials
- Games (there is a small game library at camp)
- Musical instruments
- Music and small speaker
- Fishing gear, including license
- Hiking items (backpack, compass etc.)
- Hammock



FOR THE BOAT RIDE

- Plastic bags or garbage bags to cover luggage from rain or lake spray



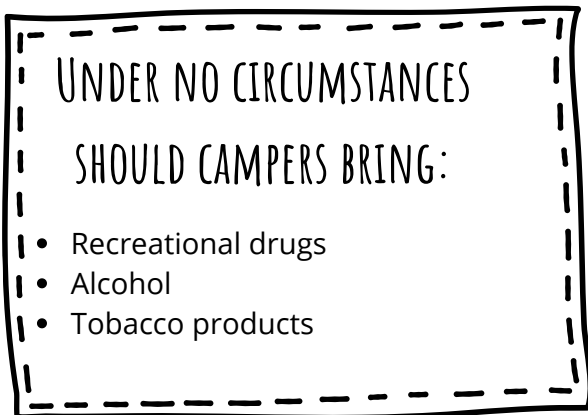


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PLEASE DO NOT BRING:

- Food or pop. Any snacks or pop that campers bring will be contributed to the camp supplies for canteen or evening snack
- Large sums of money. Small amounts of money can be safely held by the cabin counselor for the week
- Skateboards or bikes. There is very little paved surface at Camp UniStar



IMPORTANT!



- Ticks are present during the entire camp season
- The diseases they carry (Lyme disease, anaplasmosis, babesiosis, etc.) should be taken seriously
- The CDC recommends using bug spray containing at least 20% DEET to repel ticks. Other types of bug spray may not repel ticks at all
- Pre-treating a set of clothing and long socks with **Permethrin** can provide long-lasting protection. Some people purchase pre-treated clothing for hiking from outdoor stores. These items can retain their repellent properties for years.



THINGS TO NOTE

- No camp bedding is provided.
- There are no laundry facilities. You may need additional towels for the week. Drying racks are available throughout camp
- Camp UniStar embraces sustainability and cherishes the Island. Please do not bring single use plastic bottled water.
- It can be quite cold. Bring enough layers and blankets to be warm.
- It can be quiet hot and humid. There is no air conditioning (except the lake of course!)

Camp UniStar provides the following items for campers to use during their stay on the Island.

- A small library of books
- A small game library (including cards)
- Puzzles
- Nature and bird identification books
- Yoga mats
- Basic first aid items (band aids, aloe, aspirin, antacid etc.)
- Beautiful Cass Lake and the surrounding Chippewa National Forest

