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[www.flocoutdoors.org](http://www.flocoutdoors.org)

## Packing List

Get ready for a fun adventure at The Outdoor Education Center of For Love Of Children. Participants will have the opportunity to enjoy the great outdoors while participating in the following activities:

**High and Low Ropes**  
**Bee Unit**

**Canoe**  
**Forest Ecology**

**Water Ecology**  
**Service project**

Your Child will stay **4** nights at the Outdoor Education Center located on 350 acres of pristine land in Harpers Ferry, WV.

You are suggested to pack the following items. Please note that their shouldn't be a need to buy new items for this trip.

<ul style="list-style-type: none"> <li>5 T-shirts</li> <li>4 shorts</li> <li>2 pants</li> <li>5 pair of underwear</li> <li>5 pair of socks</li> <li>Toiletries</li> <li>1 Towel</li> <li>1 Rain Jacket or poncho</li> <li>2 Water Bottles</li> <li>1 Sleeping Bag</li> <li>1 Pillow</li> <li>1 Head Lamp/Flash light (Optional)</li> <li>1 Journal (Optional)</li> </ul>	<ul style="list-style-type: none"> <li>1 or 2 Sweater</li> <li>1 bottle Sun Block</li> <li>1 bottle Bug Spray</li> <li>1 pair of Comfortable Closed Toed Shoes</li> <li>1 pair of Sandles for the shower house</li> <li>1 pair of Shoes you don't mind getting wet if you are canoeing</li> </ul>
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**Upon dropping your child off at the bus/van, make sure you do not pack any medication that is needed, 1 water bottle and any other item your child may need on the trip to camp and once they arrive at camp. Program often starts right away and they may not have access to their bags for the first few hours. They may prefer to also have a day pack.**

**Additional Notes:**

*All items required for the activity such as paddles, backpacks, life jackets and helmets are provided by FLOC, but if you have any of these items and would like to bring your own, you are welcome to do that.*

*If your child is on any medication, please be sure to have them bring it on the trip.*

*Please make sure your child **brings the medical release form** with him/her with any medication listed on the form. Your child will not be allowed to participate in any activity without the form. Please see the camp coordinator for this form.*

*Your child will **not need any electronic devices** and we encourage students to leave those at home to give them the opportunity to spend a few days without these distractions and enjoy the outdoors and nature. If you need to reach your child you may do so at the number listed above.*

**We look forward to having you out here!**