



# CAMPHENRY

## Teen Adventure Planning Guide

We are so excited to welcome your camper for their Teen Adventure Trip this summer! While more information about your camper’s trip will be shared in May, here is a bit of information to assist you with preparing for their trip. If you have any specific questions, please feel free to reach out to Leigha by emailing [leighao@camphenny.org](mailto:leighao@camphenny.org) or calling 616.717.5566.

### General Packing List:

Bug Spray & Sunscreen	Towels
Sleeping Bag & Pillow	Sturdy Closed Toe Sneakers or Hiking Boots
Sturdy Sandals (ankle straps preferred)	Swimsuit
Layers for Inclement/Cooler Weather	Active Wear
Underclothes	Hat and/or Bandana
Sunglasses	Poncho/Rain Gear
Towel	Toiletries
Flashlight or Head Lamp	Books, Cards, Games (for travel time)
Small Backpack (for day excursions)	Reusable Water Bottle
Spending Money (for souvenirs, snacks, etc)	Snacks (nut free and not made in a facility that may contain nuts please)

### Additional Information:

- Camp will provide all meals along with tents or hammocks for sleeping. All gear is provided by Camp Henry and covered by the cost of the trip (backpacking packs, life jackets, paddles, helmets, etc).
- Packing items in a duffle bag that is easier to transport from the van to the campsite is ideal, as rolling suitcases may not be able to roll through campsites paths. Trash bags are also a great way to keep sleeping bags and pillows secured together, clean, and dry.
- Please DO NOT pack electronics including cell phones, tablets, or laptops. These trips form lasting bonds and are meant for campers to “unplug” and connect with others and with nature. Digital cameras are acceptable yet keep in mind there may be limited to no availability to charge the camera.
- Trip leaders will connect with Camp Henry’s main office daily. If you have inquiries about the trip’s progress, feel free to touch base with our office at 616.459.2267 or email [info@camphenny.org](mailto:info@camphenny.org) and we will update you.
- As we plan for a COVID cautious program, please note that trip itineraries may change. We will keep you updated with any changes that may occur leading up to the start of the trip.

