

## GDS Crew Camp Bob Packing List

- BOTH bedding for a twin bed, (sheets, pillow, blanket), AND a sleeping bag.
- Towel(s), toiletries
- Clothes for hanging out, for 4 days. Weather is likely to be cool at night. Can't hurt to bring an extra pillow case or bag for dirty laundry.
- Rowing clothes for various weather. Bring at least two sets of workout clothes, so one can be drying in the shower while you're rowing in another set. (Re-using some of your rowing clothes is recommended, but if you want to schlep ten sets of rowing clothes with you, no one will stop you) Remember basics of rowing wear: inner layer, midweight middle layer for colder weather, rain/wind jacket, hat, shorts that will not get caught in the slide's wheels, tights or running pants for colder weather, and slides or cheap sandals for walking on the docks and for showers.
- Make sure to bring your RUNNING SHOES in case the weather turns bad.
- String backpack or other small bag for gear
- 4-6 plastic coat hangers to hang up wet rowing clothes to dry out. Camp Bob does have laundry facilities, so bring a small amount of laundry detergent if you plan to do a load or two while you are there. If a few rowers have and can bring drying racks, that is very helpful.
- ID, either student ID or driver's license
- Flashlight
- Sunscreen, hat and sunglasses
- Bug spray
- GDS team clothes
- Water bottle, ideally with your name on it
- Things to take care of blisters
- Cell phones & charger, even though service is limited
- Reading material, homework, games, diversions, etc. – for the bus and down time. Rowers should also bring snacks for the bus and money for a stop on the way down and the way back.
- Spending money? You won't need much, as the team doesn't really go offsite. Camp Bob sells Camp Bob T-shirts, and you might want an extra snack on the bus trips, but even that will be optional, as there will be a lunch packed for the team on the way down and the way back. Maybe \$20-30?

- Anyone with medication should make sure to bring it and make sure a medication plan is in place with GDS.
- Any rower (or parent of a rower) who would like advice on how to navigate any food allergies at Camp Bob, please contact Lisa Tucker (202-997-1924; [lisatucker@yahoo.com](mailto:lisatucker@yahoo.com)).