





Pack list general

Please check in the additional notes, if you need further things to pack.

Impo	rtant documents:
	ID card
	Health card or details about private health insurance
	Emergency numbers
	Consent form for external administration of medication
	Tickets/Deutschlandticket
	(Please only bring it with you if you already have it. A separate purchase is not necessary.)
Neces	ssary medication:
	Headache pills
	Plaster
	Insect repellent, e.g. Autan/Insect ointment, e.g. Fenistil
	Ointment for wounds, e.g. Bepanthen
	Remedy for travel sickness
	Small hot water bottle (e.g. for stomach ache)
Impo	rtant note regarding bed linen and towels:
Towel	s will not be provided by the location. Please bring your own towels tot he camp.
ship, (nen will be provided in the following locations: Bad Malente, Cochem, Cuxhaven, Kiel Sailing Constance, Lindau, Limburg, Mardorf, Mimbach, Möhnesee, Norderney, Ratingen, Ronneburg, berg Castle, Schluchsee Seebrugg, Wandlitz near Berlin, Winterberg.
Clothi	ing and shoes:
	Underwear and socks
	Weather-appropriate clothing: rain jacket, cap
	Sports clothing, sports shoes (indoor/outdoor)
	Bathing clothes: swimsuit, bikini
	Bathing shoes
	House slippers (warm socks)
	Backpack
	Sun glasses



Hygie	ne and care:	
	Toothpaste and toothbrush	
	Deo (no sprays)	
	Shampoo and shower gel	
	Soap	
	Cream	
	Handkerchiefs	
	Hairbrush, hair tie	
	Towels (Shower, hands, swimming)	
	If needed: Hair dryer (security-approved)	
	Bag for dirty laundry	
	Sun cream and After Sun lotion	
	Disinfectant	
Sleeping:		
	Bed linen (according to location)	
	Pyjama	
	Earplugs	
	Extra pillow (Tip: also great for travelling to and from camp)	
	Alarm clock (if waking up before the official time is desired – mobile phones are not available during nights)	
Miscellaneous:		
	Pencil case with scissors, pens and glue	
	Bottle for refill	
	Lunch box	
	Flashlight	
	Glasses, contact lenses and cleaning agent, case	
	Braces and case	
	Small lock to use suitcase or bag as a safe	
	Evening lecture	
	Small umbrella	
	If desired: souvenir from home, e.g. family photo	



Very important:		
	Charger/Powerbank	
	Pocket money (approx. 20 € per week)	
General note: Please be aware that cupboards in youth hostels can be very small, so parts of your luggage might stay in the suitcase. Please do not give your child larger amounts of sweets to camp		
Pack l	ist additional notes:	
Clenze	e, Goch, Mimbach (Horse riding camps):	
	Clothing for riding (if available)	
	Riding helmet	
	Riding shoes or rubber boots	
	Trousers without sturdy inner seam	
Note:	Riding helmets can eventually be provided at the location.	
Mardo	orf (Golf camp):	
	Own golf bag (if available)	
	ID card (with license to play golf courses)	
	1D card (with license to play goti courses)	
Sailing ship Swaensborgh:		
	Scarf, shawl, warm socks	
	Weather resistant jacket, rain trousers, trekking shoes, sturdy sandals (no shoes with heels or leather soles)	
	Non-slip gloves	
	Towel, washcloth	
	A valid passport or identity card is required!	
Note: Due to space reasons, please do not bring suitcases but foldable bags. Cabins are provided with sockets with 220 V. During sailing, power supply is not always guaranteed. In harbours at night, power supply is possible through shore power or the own power unit.		
Umma	nz/Rügen (Watersports camp):	
Equipment will be provided by the surfing school (except surfing shoes).		
Winte	rberg (Ski camp):	

Equipment will be provided by organizer.