

Honcho Campout Packing List (Access Edition)

Essentials

- Headlamp + Camp Lanterns (extra batteries for both – red light recommended)
- Reusable Water Bottle / Canteen / Camelbak
- Garbage Bags (Clean up after yourself!)
- External Battery (or 2)
- Phone + Charging Cables
- ID & Health Insurance Card
- Credit / Debit card to attach to your RFID wristband
- Tickets & Printed Email Confirmation
- Printed Directions to Four Quarters (cell service is not reliable)
- Sandals or Water Shoes for Swimming and Showers
- Comfortable Hiking Boots / Rugged Sneakers
- 2x the amount of socks you think you'll need
- 2x the amount of underwear you think you'll need
- Light Jacket or Hoodie
- Rain Poncho
- 1-2 Long Sleeve Shirts & Pants (can be chilly at night)

Camping

- Tent (practice setting up prior to camp – know your gear, make sure it's intact before you arrive)
- Canopy / Tarp(s) for underneath your tent to reduce moisture, and/or for additional rain shelter above.
- [*DampRid*](#) to suck moisture out of your tent's air.
- Plastic Bins (keep clean and dry – we highly recommend you pack all food, clothing, and supplies in hard shell luggage or bins vs. soft case or duffle bags)
- Inflatable Air Mattress that operates with batteries vs. electric plugs
- Sleeping Bag, Bedding, and Pillows (a mid-Campout sheets change is always a treat)
- Camp Chairs / Table / Cooler (we sell ice at Pick-Me-Ups and the bars)
- Camp Decorations – Get creative, make it comfortable!
- Extra light source (solar lights are great and can be very cheap)
- Use flags, neon rope, lights, or other methods to identify your tent's lines and stakes. Don't create a tripping hazard!

Health & Wellness

- Personal First Aid Kit
- Essential medications, Ibuprofen, Antacids, (Multi)Vitamins, and 5-HTP
- Ziploc / Shopping bags (trash, cigarette butts, wet / muddy clothes, etc....)
- Ear Plugs / Sleeping Mask
- Natural / Safe Sunscreen & Bug Spray (Tick and Mosquitos specifically!)
- Natural Shampoo, Conditioner, and Soap (+ Dr. Bronners is a good multi purpose soap)
- Toothbrush + Toothpaste
- Extra contact lenses + solution + glasses

- Umbrellas / Hats / Rain Poncho / Waterproof Boots or Shoes (rain and shine)
- Cheap Sunglasses (leave your expensive sunglasses in the car or at home)

Cooking & Eating

- Small Camping Stove / Grill, or borrow a fire ring from Four Quarters.
- Extra gas canisters, fuel, or charcoal
- Biodegradable Hand / Dish soap (+ Dr. Bronners is a good multi purpose soap)
- Sanitizer & hand wipes
- Utensils
- Trash Bags
- Cooler for perishables (use ice)
- Food prep table (or general Camp table)
- Travel Mug (hot drinks)
- Reusable Water Bottle (cold drinks) (+ **clean** drinking water is available at spigots)
- Drinks with electrolytes: coconut water, Gatorade, etc.
- Individually packaged snacks: nuts, fruit, bars, et

Leave in the Car

- ID (after check-in) & Wallet (after attaching your card to RFID wristband)
- House Keys
- Extra car-capable phone charger
- Expensive sunglasses
- Clean change of clothes, fresh socks, cash for gas/tolls, and a few granola bars for the ride home.

Below are some additional items that may make the Honcho Campout experience easier for disabled and/or neurodivergent campers. Please note that not all of these items may apply to you, and it's important to talk through the logistics of packing and setting up camp with your group before arrival!

Camping and Festival

- Tent with double zippers and a wide door, that you can easily enter and exit
- Extra tarps for rain and tent protection
- Raised air mattress or cot for additional back support while sleeping
- Yoga mat for inside the tent (to increase stability)
- Body safe wet wipes, and gloves if needed, for using the bathroom
- Mobility aids, and a back up in case something breaks (ie. an extra cane)
- Small backpack or crossbody bag (long distances between stages may mean you want to carry more with you for the day or night ahead! A change of clothes, extra socks, additional meds or snacks.)
- Waterproof outdoor blanket
- Extra Ziploc bags (to keep small items dry)
- Hand Sanitizer

Electronics

- Portable battery pack for charging any devices
- Walkie talkies for communicating with support system, as there is little cell service
- Device for listening to your own grounding meditations, white noise, or audiobooks during downtime

Visual

- Sunglasses, or glasses with a colored lens for over-stimulation
- Wide-brim hat
- Eye mask for sleeping
- Soft, warm LED lights for your campsite (solar powered string lights, lanterns with dimmers, etc.)

Auditory

- Noise-cancelling headphones for overstimulation
- Earplugs for decibel reduction (**-15 dBA minimum recommended for music**) and earplugs for sleeping (soft silicone “swimmers” kind are best for noise blocking.)
- White noise recordings or grounding meditations (there’s no service in the woods, so you’ll need to download these in advance.)

Tactile

- Compression clothing (if needed)
- Soft comfortable blanket for re-regulation at the end of day
- Stress balls, fidget toys or spinners
- Swim shoes with traction bottoms for the Creek

Olfactory

- Herbal teas
- Ginger chews / lozenges (may help with nausea.)
- Essential oil roll-ons (we don’t recommend strong-smelling perfumes and scents, but a small roll-on with essential oils is fine)
- Vicks VapoRub

Medications

- Clearly labeled meds in a stable waterproof container (+ extra just in case)
- Inhalers, EpiPens, glucose tabs if needed
- Medical info card / Bracelet (Conditions, meds, emergency contact, blood type, etc.)
- Small cooler or insulated lunchbox for temperature sensitive meds. Ice can be purchased on site or medication can be stored with Wellness at Main Camp.

First aid

- Electrolytes (powder packets for easy packing)
- Joint support / braces
- Tiger Balm (or alternative), for sore muscles after dancing
- Saline Spray (for dusty roads and dance floors)
- Small pre-packed snacks to keep blood sugar up throughout the day