

Dana Dubinsky's Devilishly Detailed Lark List

Created by Dana Dubinsky and Lisa Hauck-Loy—based on many years of experience!

FOR ARRIVAL/DEPARTURE

- Lark forms, filled out for presenting at in-car registration
- A printout of the Lark schedule if you don't already know what you're doing
- Water & paper towels (leave in car for cleaning a week of dust off car windows)

FOR TENT OR CABIN

Nights are chilly! Bring plenty of bedding in addition to or instead of sleeping bags, unless you know that your bag will keep you warm. Warm sleepwear, a pillow, extra blankets, and a hot water bottle can all help you sleep better at Lark. Cabins have no electricity, so any lights you bring must be solar (highly recommended) or battery operated. Single-person cots are provided in cabins with a thin mattress but no bedding.

- tent, ground cover, etc. if you're camping
- foam, thick quilt, blanket, or air mattress for padding mattress in cabins sleeping bag or quilt sheets (if not using a sleeping bag)
- blanket
- pillow
- lantern (at least 1 for bedside) and a flashlight
- readers: books & book light for reading at night
- alarm clock or digital device to wake you up
- hot water bottle (*Fill a hot water bottle from the hot water tap in the bathroom at night and put it in your bedding or sleeping bag to stay cozy.*)
- comfortable camp chair
- small bedside table & light
- A plastic tote or other box that carries stuff to camp can be a bedside table.
- trash bags & misc.
- plastic bags/big ziplock bags
- rope & clothespins for hanging clothes & towels to dry
- hangers (for skirts, try a vertical hanger with multiple clips)
- sheet (or something) to cover cabin windows or your campsite for more privacy
- yoga mat or outdoor rug for outside sitting, stretching, napping rugs, lights, and other decor

IN YOUR BACKPACK OR BAG

This is stuff you might want to carry with you all day, every day.

- daypack or shoulder bag in a bright color or with a bright scarf tied to it (*Most people carry black packs. It's easier to find yours if it's another color.*)
- MUST HAVE: good small flashlight (and extra batteries!) or a headlamp.** *Keep this with you at all times. Once the sun goes down, it's dark at Lark, and it's virtually impossible to find your way back to your bed without a light.*
- binder and hole punch, or folder, for storing loose handouts from workshops
- pens and pencils if you use them – lots (they disappear)
- A zippered pencil pouch can hold writing implements and such in your pack notebook or electronic device for taking notes about this and that – or for writing songs, if you're a songwriter, tra-la-la-la-la, a recording device (see "Musical Matters")
- business cards
- cash for massage, bodywork, swap meet, cafe cart
- \$ US Dollars *Massages and bodywork are far cheaper than they are in the outside world*
- checks or cash to pay for swap meet stuff
- glasses & sunglasses
- insulated coffee/tea cup w/ handle – no need to carry it; hang it on communal racks outside dining halls (*Write your name on your cup. Hot drinks get cold fast in the forest air, so an insulated cup that actually keeps drinks warm is very nice.*)
- corkscrew
- flask for brandy, whisky, and the like
- gum, Altoids, Ricola, etc.
- camera
- extra batteries you might need that day
- personal items, e.g., hand sanitizer, medication
- a printout of the Lark Camp Workshop Schedule (*Can be useful for the first day or two, although it's posted on the dining hall, and changes happen during camp, so check the board*)

TO WEAR

Generally: Layers are key. Days can be warm or cool. Nights can be cool or downright chilly. Temperature can vary widely in a single day. It also depends on whether you're sitting in a shady workshop among the trees or hanging out in a sunny meadow. You can dress down or dress up. During the day you'll see colorful skirts, shirts, hats, etc. as well as plain old jeans and T-shirts. Keep in mind that the Woodlands is dusty, and you'll be trudging on dirt paths. People often change into "dancing clothes" in the evening.

- shoes
- sneakers or other closed comfortable shoes sandals/summery shoes
- dancing shoes
- water shoes (optional; for showers and wading in the river)
- long pants
- skirts
- leggings or footless tights for warmth under skirts shorts
- socks for each day
- underwear for each day
- warm outfit to wear to bed, e.g., warm socks + pajamas, long johns, or sweatpants & T-shirt/sweatshirt turtleneck
- pullover sweater or sweatshirt
- loose comfortable clothing & clean socks for massage, bodywork, or yoga
- outfit for dancing (*Skirts and dresses are common in the dance halls and are often worn during the day, too. Even on a chilly night, dancing is a hot, sweaty business. So you'll be peeling off sweaters, etc. and you'll be glad if you have something cool and summery underneath.*)
- jacket/coat
- warm hat
- warm scarf
- decorative scarves and hats (see "fun clothes")
- fun clothes in traditional Lark/Renaissance Fair/hippie style: scarves, dresses, jewelry, hats, bright colors, and more; if you don't know the look, you haven't been to Lark gloves – fingerless gloves are especially useful
- sun hat
- sunglasses
- bathing suit (for the river)

MUSICAL MATTERS

Instruments of your choice, your singing voice, your dancing feet, and possibly:

- recording device: phone apps like Voice Memos work well for basic needs – or bring something more sophisticated if you need it
- tuner for stringed instruments keyboard
- pitch pipe
- headphones
- extra sets of strings
- extra picks
- lightweight music stand
- whatever you need for your particular instrument(s)

ELECTRONIC MISCELLANY

You'll find electric outlets in bathrooms, dining hall, dance hall

- laptop or tablet for photos, music, and so on
- extra memory cards for cameras
- mobile phone
Most phones have limited or no connectivity at camp.
- chargers for phone, camera, laptop, tablet, recording device...
- plenty of extra batteries

PERSONAL ITEMS

Bring your choice of toiletries and other personal items, including possibly:

- Mirror
- small bag for toting essentials to the bathroom and back
- wipes for "dry showers" (per Robin Cohen, August 2014: "Don't ask why. You'll thank me later.")
- kleenex
- toothbrush & toothpaste dental floss
- toothpicks
- washcloth
- hand towel
- big towel or two (bath and/or beach) shower cap
- face wash
- liquid soap
- lotion/moisturizer
- deodorant
- shampoo
- conditioner
- blow dryer (bathrooms have electrical outlets) sunscreen
- lip balm
- razor

PERSONAL ITEMS (continued)

- tweezers nail clippers scissors earplugs
- sewing kit
- vitamins
- prescription medicine
- painkillers of choice: Ibuprofen? Tylenol? diarrhea med
- Antacid
- BandAids
- Neosporin-type stuff
- instant hot/cold packs
- moleskin for blisters
- insect repellent
- feminine hygiene stuff
- birth control
- comb or brush
- eye glasses
- contact lens & solutions
- sunglasses

FOOD & DRINK

You can easily survive and thrive on the food and drink provided with the meal plan plus in-between snacks from the cafe cart. But a few extras can make Lark life even better.

- bottled water or a bottle to fill with water to keep in your tent or cabin
- non-perishable snacks for happy hour/cocktail parties
 - nuts
 - chocolate
 - crackers and hard cheese that keeps w/o refrigeration
 - wine or other beverages to drink and share (*note: white wine can't easily be cooled; sharing food and wine is a good way to meet people and make friends!*)
- glasses/cups for cocktail hour, for you and guests
- Swiss Army knife
- sharp knife for cutting cheese
- cutting board
- corkscrew
- brandy, whiskey, or the like
- flask for brandy, whiskey, or the like
- plastic container that seals tightly for rodent-proof food storage (***Mice will nibble on anything edible they can find in the cabins and can climb to high places like the fireplace mantel. They'll gnaw through plastic bags, so if you don't want to be awakened by the rustling of little feet, seal your food and scraps in hard containers.***)
- napkins
- paper towels

- ❑ a nice cloth to lay out food on
- ❑ unbreakable plates to serve food on
- ❑ sponge, dish soap, and towel for drying glasses, plates, etc.

AND MORE...AND MISCELLANEOUS

No Lark list is ever complete and everyone's list is different. Here are some extra tips, plus a place to list *your* must-haves.

TIP: Stuff gets lost at Lark – it just does. While you're packing, label everything valuable that could go missing (e.g., your phone, instrument case, favorite hat).

TIP: If you drive to camp, put an extra copy of your car keys in a safe, separate place. They'll save you if you lose track of your main set of keys during your magical week.

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