

Individual Camp List

Warm coat or Jacket

Heavy Sweatshirt

Socks- Clean pair per day

Shoes (no Sandals) flip flops for beach only

Long Pants or Capri's- no shorts

Shirts- no sleeveless

Swimsuit- Modest one piece

PJ's or sweats

Hat

Rain gear

Warm sleeping bag

Pillow

Foam Pad for under sleeping bag if desired

Extra blanket

Flashlight with extra batteries

Lawn chair

Camera

First Aid Kit

Sunglasses

Scriptures

Journal

Sunscreen

3rd years Compass

Backpack/Day pack

Pen & Paper

Stationary

Water bottle

Camp Manual

Comb & Brush

Hand lotion

Toothpaste, brush & floss

Kleenex

Bag for dirty clothes

Sanitary pads/tampons

Soap, Shampoo

2 Towels/washcloths (Beach and Shower)

Deodorant

Chapstick/ Lip saver

Plate, bowl, cup, silverware (not disposable)

Dunk bag to hold dishes

Hot/Cold cup for Hot chocolate/Cider

Medicine- All medicine must be turned into the nurses for dispensing. Clearly label the medicine in Ziploc bag with name, dosage, and dispensing instructions. Medicine should be in original dispensing container.

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- ✓ No electrical items such as blow dryer, curling iron, iPods, ect.
 - ✓ No cell phones (there is no coverage up there)
 - ✓ No junk food or candy of any kind, no gum
 - ✓ No playing cards or other games
 - ✓ No shorts, sandals, bikinis, tank tops, sleeveless shirts, bare midriffs, thong underwear or multiple piercings.