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Camp Manual (review requirements before & take all needed equipment for certification)
Bedding: Sleeping bag or bedroll, extra blanket, pillow, sleeping pad
Two pair closed-toed shoes (sandals should not be worn in camp, but you may bring a pair of flip
flops for the shower)
Clothing needed for the week
At least one pair of pants
Jacket or sweatshirt
watch
camp chair
Rain poncho or large plastic bag
Daypack for hike
Canteen or water bottle to take on hike (required)
Towels and washcloth
Toiletries: Soap, shampoo, toothbrush, toothpaste, tissue, tampons, pads, mirror, etc.
Sunscreen/hat
Insect repellent
Small package of baby wipes
Scriptures
Paper, pens, pencils
Flashlight and extra batteries
Disposable Camera (optional)
Bring sack lunch with you on Monday if you want to eat

DO NOT BRING: IPod, MP3 or other music player, etc., Cell Phone, Playing Cards etc.

(IF YOU ARE GOING ON AN OVERNIGHT $\underline{\text{HIKE}}$, PLEASE FIND OUT WHAT ADDITIONAL ITEMS YOU WILL NEED TO BRING)

^{**}Please make sure all personal items are marked with your name.