

## General Packing List for Adventure Camps

### WHAT TO BRING:

Your clothing should be modest (no low cut tops, writing on the backside, etc), comfortable, and needs to last you for a week of camp.

- Bible
- Sleeping bag and sheets if you prefer
- Pillow
- Towel (maybe two, one pool one shower?)
- Small backpack/daypack for carrying stuff
- Toothbrush/toothpaste
- Soap/shampoo
- Flashlight with batteries
- Water bottle
- Insect repellent (in a non-aerosol container)
- Sunscreen (spray bottle style is handy)
- Swim suit (One piece modest suits only; no bikinis. Tankinis are allowed only if they are modest and do NOT show bare midriff. t-shirt over any swimsuit we deem immodest.)
- Jacket, pants, sweatshirt, socks, and shoes you don't mind getting ridiculously muddy.
- 5-6 changes of clothing (shorts, t-shirts, etc.)
- Jacket or sweatshirt
- 1-2 pair of long pants
- Sneakers and/or heel strap sandals
- Shower shoes (unless using sandals)
- Extra pairs of shoes you can get wet/dirty
- Rain jacket
- Book or magazine for quiet time reading
- 2 large, heavy duty, white garbage bags
- Hiking boots (well broken in. Do not bring brand new boots to camp!! Plan to hike in your sneakers rather than new boots.)
- Clothing for "clashing clothes" and "Safari/explorer" themed meals
- A plain white t-shirt
- 1 can of cheap, foaming shaving cream!!!!

### BRING TO GYM WHEN YOU ARRIVE

- Snack shack/gift shop money (typically \$10-\$30)
- Medication/prescription drugs in original containers, with names and dosage instructions printed on them
- Two clean, empty 2 liter bottles w/ caps

### DO NOT BRING:

- Food or snacks
- CD players, ipods, music or video players
- Fireworks
- Laser pointers
- PSP, Nintendo DS or other electronic toys
- Cell Phones
- Knives or other weapons
- Cigarettes/Alcohol or non-prescription drugs