Camp Hebron - Rock Climbing Camp Packing List and other packing Hints

WHAT TO BRING:

- Bible
- sleeping bag
- pillow
- swim suit (one piece modest suits only; no bikinis)
- 5-6 changes of clothing which might include
    - 3-4 pair of shorts
    - 1-2 pr. Long pants/sweats
    - 8-9 t-shirts
- underwear
- socks
- flashlight with batteries
- insect repellent (in a non-aerosol container and without the ingredient DEET in it)
- towel
- toothbrush/toothpaste
- soap/shampoo
- jacket or sweatshirt
- sneakers
- sturdy shoes or boots for hiking in to the rocks
- rain jacket
- water bottle
- day pack (small to medium backpack)
- sun screen
- spending money for snack shack and gift shop
- medication/prescription drugs in original containers, with names and dosage instructions printed on them

Other things to bring if you have them: chalk bag, sticky rubber rock shoes make a world of difference (if you don't have these, thin track or indoor soccer shoes (no-spikes) are good too), clothing to climb in that is non-binding yet abrasion resistant, climbing harness (this is a necessary item and we will provide one for those who don't already have one), sunglasses

DO NOT BRING:

- Food or snacks
- CD players, ipods or other audio/video players
- PSP, Nintendo DS or other electrical toys
- Fireworks
- Tobacco products, Alcohol or non-prescription drugs
- Lighters
- Fixed blade knifes or other weapons
- Cell phones
- Laser pointers