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WHAT TO BRING

Bring the usual items that you would need for summer camping in the mountains. Usually, it is warm during the day, and most of the time, it is suitable for shorts. However, the evenings can get quite cool and once in awhile even cold, so warm clothing is needed as well.

- Sleeping bag or blanket (sheets will be provided)
- Pillow
- Towel (some prefer two towels, one for the pool and one for the shower)
- Washcloths
- Small backpack/daypack for carrying stuff
- Toothbrush/toothpaste
- Soap/shampoo
- Flashlight with batteries
- Water bottle
- Medication/prescription drugs in **original containers** (with only the amount needed for camp), with name and dosage instructions printed on them. *(Put in Ziploc bag and keep separate from the luggage, so it can be handed to the staff member on the bus or the camp nurse upon arrival at camp). The name on the medications also needs to match the first and last name of the child listed on the camper registration form. If it does not, the parent/guardian will need to include a signed note indicating why.)*
- Insect repellent (in a non-aerosol container)
- Sunscreen (non-aerosol)
- Swimsuit (one-piece modest suits only; no bikinis. **Tankinis are allowed only if they are modest and do not show bare midriff.**)
- 4 to 5 changes of clothing (shorts, t-shirts, two pair long pants minimum, etc.) **(Shorts/skirts need to be at least as long as your fingertips when your hands are at your sides.)**
- Jacket or sweatshirt
- Sneakers and heel strap sandals (no flip flops except for shower use)
- Shower shoes (optional)
- Extra pairs of shoes you can get wet/dirty
- Rain jacket
- Extra blanket(s) for chilly nights
- Other toiletries
- Optional: Bible (if you have one)

DO NOT BRING: (Any of the items below brought to camp will be safeguarded with the nurse and returned to the campers when they are leaving.)

- Cameras
- **CELL PHONES**
- Food, beverage, candy, or snacks (attracts critters)
- CD/radios/iPod/MP3 or other digital media players
- Money (none is needed)
- Fireworks
- Laser pointers
- Electronic gaming devices/toys
- Knives or guns
- Cigarettes
- Lighters or matches

"Though my father and mother forsake me, the Lord will receive me." Psalm 27:10