

What to Bring to Camp

Please LABEL all items!

Clothing

- Hiking Shorts (no short shorts)
- T-shirts
- Sweatshirt or Jacket- It will be cold on morning hikes and evening activity times!
- Long pants or jeans
- Socks and Undergarments
- Sleepwear- it is not a good idea to sleep in clothes you have been in the woods in all day!
- Poncho or raincoat
- Sneakers or other sturdy and comfortable shoes- NO FLIP-FLOPS or SANDALS FOR GENERAL WEAR!
- Shower shoes (these can be flip-flops)

We will be outside in all but the most severe weather.

All of our studies will be hands on, so clothing WILL get wet and dirty. Please pack accordingly, with enough changes of all layers, and not bringing anything new or special.

All clothing must be modest.

Personal Items

- Towels/washcloth
- Soap/ shampoo
- Toothpaste & toothbrush
- Comb and Brush
- Flashlight with extra batteries
- Toiletries
- Any Prescription Medications (Must be given to Nurse)
- Non-aerosol bug repellent (with 10-30% DEET)
- Waterproof Sunscreen
- Personal Water Bottle or Canteen
- Bible
- (Optional- Binoculars- the camper is responsible for taking care of personal equipment).

Bedding

- Sheets
- Sleeping bag or bed roll
- Pillow
- Extra foam padding if desired.

The cabins are not heated and have metal spring beds with foam mattresses. Please be sure your camper has enough bedding to keep him/her warm.

What NOT to Bring

Any electronic devices including cell phones, music players or portable game systems. Cameras are acceptable, but we will not be responsible for their safety!

Cards, Magazines, Fireworks, Aerosol Cans, Large Knives, Fishing Poles, Smoking material of any kind, Illegal Drugs, Alcohol, snacks or other food in cabins.

