

## What to Bring to Stronghold Camp

Please LABEL all items!

### Clothing

Gloves for Sword-fighting- My best recommendation is MMA gloves. You want gloves that can protect your knuckles, but allow your fingers to easily grip the sword. If you don't have any you can find them on amazon for less than \$10.

Long pants made out of light material. Jeans are okay. Pants that you don't mind if they get ripped at the knee.

T-shirts

Sweatshirt or Jacket- It will be cold in the morning and evening activity times!

Socks and Undergarments

Sleepwear- it is not a good idea to sleep in clothes that have been in the woods all day!

Poncho or raincoat

Sneakers or other sturdy and comfortable shoes with closed toes- NO FLIP-FLOPS or SANDALS ON THE BATTLEFIELD!

Shower shoes (these can be flip-flops)

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

This is an intense sport; 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- Bring your own Dagorhir foam weapons. All foam weapons must go through camp's safety check before they can be used. Campers will be responsible for their own foam sword.)

### Bedding

Sleeping bag or bed roll

Pillow

Sheets

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, Tobacco products of any kind, Illegal Drugs, Alcohol, snacks or other food in cabins.