

## MOUNTAIN ADVENTURE CAMP PACKING LIST

### What to Bring:

**These items are REQUIRED! Be sure to mark all of your belongings with your name. Please select clothing in line with the dress code guidelines outlined in the Parent and Guardian's Guide. Feel free to contact us if you have any questions or a special need.**

- \_\_\_ Health Form, Insurance Card Copy, Medicines, and Medical Devices (Medicines and Medical Devices will only be accepted in their original containers with a proper label.)
- \_\_\_ Waivers / Permission Slips
- \_\_\_ Bible (complete text) and Writing Materials
- \_\_\_ Sleeping bag and pillow (bedroll can be made from blankets and a sheet)
- \_\_\_ Clothing suitable for outdoor life for five days (cool evenings / hot days)
- \_\_\_ Extra changes of socks and underwear
- \_\_\_ Heavy sweater or jacket
- \_\_\_ Long sleeve shirt, long pants, and old shoes for caving – OLD, GRUBBY clothes! \_\_\_Lightweight tennis shoes, water shoes, or sport sandals for waterslide – **NO FLIP-FLOPS**
- \_\_\_ A pair of hard-soled shoes (tennis shoes are okay) and work clothes for service project
- \_\_\_ Sun protection (hat with a full brim, sunglasses, sunscreen, lip balm, etc.)
- \_\_\_ Rain gear (raincoat or poncho)
- \_\_\_ Bathing suit (Modest swimwear is required. For girls this means a one-piece or a two-piece tankini that meets in the middle.)
- \_\_\_ Toilet articles (toothpaste, toothbrush, soap, comb, towels, washcloth, etc.)
- \_\_\_ Laundry bag
- \_\_\_ Sealable water bottle (This is important! Water bottles are available in the Camp Store.)
- \_\_\_ Flashlight
- \_\_\_ As little baggage as possible – one suitcase, day pack or book bag, & bedroll / sleeping bag
- \_\_\_ Small amount of spending money for the Camp Store, Service Project, and souvenirs
- \_\_\_ Insect repellent (We recommend that your child bring insect repellent - Off, Deep Woods, or similar brands. According to Health Department guidelines, it is important for repellent be used. It is **very important** to read the instructions for use with your child and educate them about the repellent's use, especially if the spray is to be used on clothing, not directly on the skin. If you are not comfortable using these products, the Health Department recommends considering an alternative, such as Avon's Skin-So-Soft, for some protection).

### What Not to Bring:

- TV's, Radios, Computers, Handheld Games, IPODs, MP3 Players, and Other Electronics
- Cell Phones
- Food and Candy
- Hairdryers, Curling Irons, Flat Irons/"Straightners," etc.
- Alcohol and Tobacco
- Weapons and Firecrackers
- Pets