

## SENIOR HIGH 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 (or complete online)
- Bible (complete text) and Writing Materials
- Sleeping Bag (warm but lightweight) with a water proof stuff sack and Pillow
- Large Zip-Lock Bags
- Clothing suitable for outdoor life for five days (cool evenings / hot days)  
Suggestions: 3-4 shirts, 1 pair of long pants (not jeans), 3-4 pairs of shorts, 1 long sleeve T-shirt, etc. Remember that cotton does not insulate when wet or dry quickly, so alternative materials (nylon, acrylic, silk, and wool) are better. Think light and small.
- Clothes for Caving: Plan for OLD shoes and an outer clothing layer (LONG PANTS, blue jeans, work pants, old sweatpants, coveralls, LONG-SLEEVE shirt or old hoodie, etc.) that can get *really* muddy and then removed when we exit the cave. You'll also want to plan to have other clothes underneath the outer layer (like shorts and a t-shirt) so, when we exit the cave, the muddy stuff can simply be "peeled off" without any modesty issues. Don't expect privacy: there is often nowhere "private" to change at the cave! Also bring a change of footwear for travel back from the cave (sandals, sneakers).
- Extra changes of Socks and Underwear
- Heavy Sweater or Jacket
- Hiking Boots and Heavy Socks for hiking and backpacking
- Tennis shoes
- Lightweight tennis shoes, water shoes, or sport sandals (with ankle strap) for canoeing
- Optional: Campers may bring Adventure Sandals which MUST have a strap around the ankle.  
These may be worn around camp & for water activities, but tennis shoes are required for hikes and other adventures.  
FLIP FLOPS AND CROCS ARE ONLY PERMITTED for showering.
- Sun Protection (hat with a full brim, sunglasses, sunscreen, lip balm, etc.)
- Day Pack or Book Bag
- 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. For boys, this means swim trunks and no speedos.)
- Travel-sized Toiletries (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, & sleeping bag  
(This program includes an overnight backpacking experience. Pack only what you can comfortably carry! Backpacks are available at camp if you do not have your own.)
- Small amount of Spending Money for the Camp Store and Service Project
- 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
- Personal Sports Equipment
- Vehicles
- Hairdryers, Curling Irons, Flat Irons/"Straighteners," etc.
- Alcohol, Tobacco, and Drugs
- Weapons and Firecrackers
- Animals and Pets