

## BIKE 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.**

- \_\_\_ Medicines and Medical Devices (Medicines and Medical Devices will only be accepted in their original containers with a proper label.)
- \_\_\_ TWO Face Masks (primary and spare) PER DAY (total of 12 for the week)
- \_\_\_ Bible (complete text, small and lightweight) and Writing Materials
- \_\_\_ Sleeping bag (warm but lightweight) with a water proof stuff sack
- \_\_\_ 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.
- \_\_\_ Extra changes of socks and underwear
- \_\_\_ Heavy sweater or jacket
- \_\_\_ Firm-soled tennis/athletic shoes for biking – **NO SANDALS OR CROCS**
- \_\_\_ 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, biking, and other adventures. **FLIP FLOPS AND CROCS ARE ONLY PERMITTED** for showering.
- \_\_\_ 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.)
- \_\_\_ Travel-sized toilet articles (toothpaste, toothbrush, soap, comb, towels, washcloth, etc.)
- \_\_\_ Laundry bag and large zip-lock bags
- \_\_\_ 2 water bottles (1 qt. size preferred) and a holder for your bike (This is important! )
- \_\_\_ Flashlight and extra batteries
- \_\_\_ As little baggage as possible - one suitcase, day pack or book bag, & bedroll / sleeping bag
- \_\_\_ Bike (Be sure it is in good condition and equipped to carry water, snacks, and some tools.  
You need tires with good tread that are navigable on gravel or cinder surfaces. **We strongly suggest having a bike shop do an inspection prior to camp.**)
- \_\_\_ Spare tire tube
- \_\_\_ Bike helmet (This is required by law!)
- \_\_\_ Handlebar bag / seat bag to store gear
- \_\_\_ 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
- Hairdryers, Curling Irons, Flat Irons/"Straighteners," etc.
- Alcohol, Tobacco, and Drugs
- Weapons and Firecrackers
- Animals and Pets
- Vehicles
- Personal Sports Equipment