

# WHAT TO BRING FOR 6 DAY CAMPS

Please bring enough clothes to last for your camper's entire stay.  
Laundry facilities are not available for those staying one week or less.

- Sleeping bag —or—  
2 sheets and 1 blanket (mattresses are Twin XL—36x80).  
A standard sized twin fitted sheet will not fit.
- Pillow with pillowcase
- Bath towel and wash cloth
- Soap, shampoo, toothbrush, toothpaste, toiletries
- Sleeping apparel
- Underwear
- Pairs of socks
- Athletic/tennis shoes (2 pairs—1 pair to get muddy/wet)
- Shower shoes
- Water shoes (Chacos, Tevas, etc.)
- Windbreaker or jacket, and hooded raincoat or poncho
- Swimsuit (guys), modest swimsuit (girls)
- Beach towel
- Short-sleeved shirts (8-10 recommended)
- Sweatshirts or light jackets (2 recommended)
- Modest shorts (5 pairs recommended)
- Long pants (2 pairs recommended)
- Set of clothes that can get very muddy/covered in paint and possibly thrown away (1 set recommended)
- Sunglasses, sunscreen, bug-spray, hat
- Flashlight
- Laundry bag and a separate bag for wet clothes
- Bible, pen, journal or notebook
- Water bottle
- \*Prescription medicine in original container with instructions \*

Please pack all items in soft-shell luggage or duffle bag, if possible, for easy storage (**2 bags maximum** per camper, please!). Be sure to label ALL ITEMS clearly using name tags, labels or marker. All campers will have a storage space for their clothing and personal items.

## \*Prescription Medications, Inhalers, and EpiPens®

All medication (prescription and non-prescription) must be turned in to the Medical Staff upon arrival in its original, clearly-labeled prescription container, prescribed to your student. Please do not pack any medications in your camper's luggage as you will need to have these with you upon arrival to check in with our Medical Staff. Medications are secured in our Health Center and distributed according to instructions by our Medical Staff.

If your camper uses an inhaler and/or EpiPen®, please **send two**: one for the counselor to carry during the day and one to be kept in the Health Center for back-up. Please be sure both EpiPens® and/or inhalers are labeled with your camper's name.

## Optional Items:

- Bandana
- Camera
- Nose or ear plugs for water
- Cameras
- River apparel: Since the river is cold, it's best to not wear cotton! We recommend polypropylene or silk long underwear under synthetic clothes. A wetsuit is also permitted. For river tubing, campers will also need a pair of close-toed shoes that can get wet.

## Prohibited Items:

- Cell phones, handheld games, laptops, tablets, smart watches
- Radio, iPod, or other media devices
- Food, gum, candy, drinks, energy drinks
- Alcoholic beverages, tobacco products, illegal drugs
- Knives, firearms, fireworks
- Matches, lighters
- Books, magazines

\*Although not prohibited, jewelry, valuables, and cash are discouraged. We cannot be held responsible for these items in the event of loss or theft.

