

## Adventure Camp Packing List

- ❑ Sleeping bag
- ❑ Sleeping mat
- ❑ Pillow
- ❑ Towels (2)
- ❑ Backpack (for short hikes)

### Clothes for a week

(non-cotton fabric works best)

- ❑ Old jeans
- ❑ T-shirts & long-sleeve t-shirt (Grades 8-12 will participate in whitewater rafting and a synthetic shirt is a must.)
- ❑ Pair of modest shorts
- ❑ Comfortable hiking boots, sneakers, and sandals
- ❑ Socks
- ❑ Sweatshirt/sweater, jacket or fleece (mornings can be cold)
- ❑ Swimsuit (one piece only)
- ❑ Hat and/or bandana
- ❑ Rain jacket or Poncho

### Toiletries

- ❑ Soap (biodegradable if possible)
- ❑ Comb/brush
- ❑ Toothpaste
- ❑ Toothbrush/floss
- ❑ Toiletries

- ❑ **WATER BOTTLES**, 2 - 32oz. bottles  
Drinking water is very important to have available at all times. This item is a must.

### Miscellaneous

- ❑ Heavy duty trash bags (dirty clothes and waterproofing)
- ❑ Bug repellent (a small percentage of DEET to do the job)
- ❑ Sunscreen
- ❑ Flashlight and 2 sets of batteries
- ❑ Spending money for off-site trips (ice cream, souvenir, etc)
- ❑ Bible, notepad, pencil
- ❑ Waterproof or Ziplock bags to keep important things from getting wet (Bible, etc.)
- ❑ Medications in their original container

### What NOT to bring!

- Electronics of any kind!  
This includes cell phones, MP3 players, etc. It is an important part of Adventure camp to remove items that distract from the group setting.
- Two-piece bathing suits
- Tobacco products
- Weapons or Drugs
- Make-up
- Hair dryer/curling iron

To maximize your child's Adventure experience, please follow this list carefully. Use discretion in packing for your child and make sure his/her name is marked on all items. Care should be taken to ensure all clothing is modest and remember, on the mountain, 'fashion is dead, comfort is king'.

Please call the camp if you have any questions.  
(814) 842-3325.

