

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 (or complete online)
- ___ 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
- ___ Pajamas
- ___ Heavy Sweater or Jacket
- ___ Long pants, capris, or long shorts for ropes course
- ___ Lightweight tennis shoes, water shoes, or sport sandals (with ankle strap) for waterslide
- ___ Pair of Hard-Soled Shoes (tennis shoes are okay) and Work Clothes for service project
- ___ 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.)
- ___ 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.)
- ___ 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, & 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
- Personal Sports Equipment
- Hairdryers, Curling Irons, Flat Irons/"Straighteners," etc.
- Alcohol, Tobacco, and Drugs
- Weapons and Firecrackers
- Animals and Pets
- Vehicles