

## What to bring

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### Luggage

- Duffel bag or sealable storage bin
- Daypack or book bag (for water bottle, jacket)

### Outerwear

- Rain jacket, waterproof and breathable
- Sweatshirt or light jacket

### Footwear

- Camp shoes such as tennis shoes
- Day hiking shoes/boots
- Sandals for creek hike (no flip flops)

### Camp Clothing

- Shorts (4-5 pairs)
- Pants/Blue jeans (1-2 pairs)
- T-shirts (6-7)
- Long sleeve shirts (1-2)
- Socks (4-5 pairs)
- Underwear (6-7 pairs)
- Swimsuit (one-piece)
- Sun hat and/or bandana

### Sleeping

- Sleeping bag (must have for camp out)
- Stuff sack for sleeping bag
- Sleeping pad

### Camping Gear

- Leak-proof water bottles (2)
- Flashlight or headlamp
- Sunglasses and retainer strap
- Sunscreen and lip balm
- Toiletries (soap, shampoo, toothbrush/toothpaste)
- Towel
- Washcloth(s)
- Insect repellent

### Other Gear

- Bible, journal, pen
- Dirty clothes bag
- Spare batteries

### Optional Items

- Camera
- Musical instrument
- Hydration pack

### Medication

- Prescription medications (if applicable)

*Please follow directions on medication form. Do not bring over-the-counter medications.*

*Note: Pack a separate bag with one pair of clothes to wear home. This bag needs to fit in your duffel bag.*

## What NOT to bring

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Food with peanuts/tree nuts  
Cell phone  
Music/video player  
Tablets/computers  
Video games

Tobacco/e-cigs/vapes  
Alcohol  
Drugs  
Fireworks  
Firearms/weapons

Pets  
Water guns  
Skateboard/skates  
Bicycles/unicycles  
Expensive clothing

Expensive shoes  
Any other valuable  
personal items