

## What to bring

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### Cloth Face Coverings

6-10 cloth face coverings to be worn when your camper's living group is in common spaces and/or interacting with people outside of their living group (e.g. Challenge Course facilitator, etc) see [glisson.org/covid](https://glisson.org/covid)

### Luggage

- Duffel bag or sealable storage bin
- Day pack or book bag
- Hiking backpack (recommended 40 liters or more)

### Outerwear & Footwear

- Rain jacket (waterproof and breathable)
- Sweatshirt or light jacket
- Closed-toed shoes (ex: tennis shoes)
- Sandals with back strap or water shoes (no flip flops)

### Camp Clothing

- Shorts (4-5)
- Pants/blue jeans (1-2)
- T-shirts (7-8)
- Long sleeve shirts (1-2)
- Socks and underwear (5-6 pairs)
- Swimsuits (2, one-piece)
- Hat or bandanna
- White t-shirt for tie-dye

**Note:** Labeling clothes is highly recommended. Synthetic/dry-wicking material for camp clothing is also recommended. Pack a separate bag with one pair of clothes to wear home. This bag needs to fit in your duffel bag.

### Sleeping

- Packable sleeping pad (no air mattresses)
- Sleeping bag with compression stuff sack (must fit comfortably in hiking pack and allow for additional gear)

## What NOT to bring

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Food w/ 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

### Camping Gear

- Water bottles (2)
- Headlamp or flashlight (with spare batteries)
- Sunglasses and retainer strap
- Sun protection (sunscreen, lip balm, etc.)
- Toiletries (soap, shampoo, toothbrush/paste, etc.)
- Towels and washcloths (2)
- Insect repellent (deet-free)

### Other Gear

- Bible, journal, pen
- Dirty clothes bag

### Optional Items

- Pillow
- Hammock
- Camera
- Musical instrument
- Pocket knife

### Medication

- Prescription medications (if applicable)  
*Please follow directions on medication form. Do not bring over-the-counter medications.*

### Trip-Specific Gear (if applicable)

#### Frontier 10-Day | Pack & Paddle

- Hiking boots or shoes recommended

**Note:** If your trip is not listed in this section, it does not require any additional items.