

## What to bring

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### Cloth Face Coverings

- 3-6 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

- Large duffel bag or trunk
- Daypack or book bag (for water bottle, jacket)

### Outerwear

- Waterproof rain jacket or poncho
- Sweatshirt or light jacket

### Footwear

- Tennis shoes (2 in case a pair gets wet)
- Water shoes with heel strap (no flip flops)

### Camp Clothing

- Shorts (3)
- Pants (1, blue jeans work well)
- T-shirts (3)
- Socks (3 pairs)
- Underwear (4)
- Pajamas
- Swimsuit (one-piece or tankini)
- Hat and/or bandana

*Note: Labeling/initialing clothes is highly recommended*

## 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

### Sleeping

- Sleeping bag or twin-sized bed sheets
- Pillow

### Camping Gear

- Water bottle
- Flashlight or headlamp (extra batteries recommended)
- Sunscreen
- Insect repellent

### Personal Items

- Toiletries (soap, shampoo, toothbrush, tooth paste, etc.)
- Bath towels (2) (washcloth, beach towel)
- Laundry bag for wet/dirty clothes
- Bible, journal, pen

### Optional Items

- Camera
- Musical instrument

### Medication

- Prescription medications (if applicable)

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