

What to bring

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) (1 pair)
- Hiking boots or shoes (1 pair)
- Sandals with heel strap or water shoes (no flip flops)

Camp Clothing

- 6-8 sets of comfortable clothes (including 1-2 sets of long pants and shirt(s) for sun/bug protection, preferably dry-wicking, breathable material carried by most outdoor brands)
- Underwear (10 pairs)
- Socks (10 pairs including 2-3 pairs of hiking socks)
- Swimsuits (2, trunks/one-piece/"tankini")
- Hat or bandanna
- Pajamas

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

Camping Gear

- Leakproof water bottles 20oz or larger (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)
- Bug spray

What NOT to bring

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

Sleeping

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

Other Gear

- Bible, journal, pen
- Dirty clothes bag

Optional Items

- Hammock with straps
- Shower shoes
- Disposable camera
- Musical instrument
- Lightweight portable bowl and spoon
- Pocket knife (no fixed blades, only folding)

Medication (if applicable)

- Prescription and/or necessary routine medications
- Medication Administration Form

*Any prescription or over-the-counter medications, vitamins, or supplements must be **a) in the original container** and **b) turned in to our Healthcare Team** for dispensing. These items **cannot** be kept in luggage or with the camper. The only exceptions are epipens and rescue inhalers, which must be cleared by our Healthcare Team and checked in with the counselor at dropoff. Do not send over-the-counter medications unless taken routinely. Find more info online: glisson.org/arrival-departure*

Trip-Specific Gear (if applicable)

Cumberland Island | Blue Ridge Canoe

- Sunhat

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