

## What to bring

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### Luggage

- Duffel bag or sealable storage bin
- Day pack or book bag
- Dirty clothes bag

### Outerwear & Footwear

- Rain jacket (waterproof and breathable)
- Sweatshirt or light jacket
- Closed-toed shoes (ex: tennis shoes) (2 pairs)
- Sandals with heel strap or water shoes (no flip flops)

### Camp Clothing

- Shorts (6)
- Pants/blue jeans (1-2)
- T-shirts (6)
- Long sleeve shirts (1-2)
- Socks (8 pairs)
- Underwear (8)
- Swimsuit (trunks/one-piece/"tankini")
- Hat or bandanna
- Pajamas

Note: Labeling/initialing clothes is highly recommended.

### 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)
- Insect repellent (deet-free)
- Bible, journal, pen

## 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

### Sleeping

- Sleeping bag
- Packable sleeping pad (no air mattresses)
- Pillow (regular or camping sized)

### Optional Items

- Shower shoes
- Hammock and straps
- Disposable camera
- Musical instrument
- Stationary and stamps
- Pocket knife (Frontier and Expedition only; folding only – no fixed blade)

### 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](http://glisson.org/arrival-departure)

### Trip-Specific Gear (if applicable)

#### Kayaking & WW Kayaking (Frontier & Expedition)

- Second swimsuit (trunks/one-piece/"tankini")

#### Backpacking (Frontier & Expedition)

- Hiking backpack (recommended 40 liters or more)
- Hiking boots or shoes recommended
- Sleeping bag must come with a stuff sack and fit comfortably in hiking backpack

#### Mountain Biking (Frontier & Expedition)

- Optional mountain bike and helmet (contact office)

Note: If your trip is not listed here, it does not require additional items.