

What to bring

Luggage

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

Outerwear

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

Footwear

- Closed-toed shoes such as tennis shoes (2 pairs)
- Day hiking shoes/boots
- Water shoes with heel strap for creek hike (no flip flops)

Camp Clothing

- Shorts (6 pairs)
- Pants/Blue jeans
- T-shirts (6)
- Long sleeve shirts (1-2)
- Socks (8 pairs)
- Underwear (8 pairs)
- Swimsuit (trunks/one-piece/"tankini")
- Sun hat and/or bandana

Sleeping

- Sleeping bag
- Stuff sack for sleeping bag
- Packable sleeping pad (no air mattresses)
- Pillow

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

Optional Items

- Disposable camera
- Hammock
- Musical instrument

Medication (if applicable)

- Medical bracelet or necklace that identifies seizures, allergies, and other medical information
- 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*

What NOT to bring

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