

## 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

## 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

### 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)

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

**Key Update For 2024:** As shared during registration, to streamline our process and minimize the potential for medication errors, we're introducing a new medication administration system using an industry standard practice called "blister packing". If you haven't yet, please review our new [Medications](#) page.

**What's The Same:** 1) All prescription and over-the-counter medications, supplements, and vitamins must be checked in with our Healthcare Team during drop-off. 2) Do not send basic over-the-counter meds unless taken routinely. 3) We cannot dispense medications that are not professionally labeled/packaged.

**What's New:** All daily/scheduled prescription and over-the-counter oral medications, vitamins, and supplements in pill or chewable form must be blister-packed by a licensed pharmacist. Exceptions include as-needed medications, inhalers/epipens, liquids/creams, and medications already blister-packed as a part of original packaging. For more, please visit: [glisson.org/meds](https://glisson.org/meds)