

What to bring

Luggage

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

Outerwear

- Rain jacket (waterproof and breathable)
- Sweatshirt or light jacket

Footwear

- Closed-toed shoes (ex: tennis shoes)
- Sandals with heel strap or water shoes (no flip flops)

Camp Clothing

- Shorts (3)
- Pants/blue jeans (1)
- T-shirts (3)
- Long sleeve shirt (1)
- Socks (3-4 pairs)
- Underwear (4)
- Swimsuit (one-piece)
- Hat or bandanna
- Pajamas

Note: Labeling/initialing clothes is highly recommended.

Sleeping

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

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

Camping Gear

- Leakproof water bottles 20oz or larger (2)
- Headlamp or flashlight and extra batteries
- Sunglasses
- Sun protection (sunscreen, lip balm, etc.)
- Toiletries (soap, shampoo, toothbrush/paste, etc.)
- Towel and washcloth
- Insect repellent (deet-free)

Other Gear

- Bible, journal, pen
- Dirty clothes bag

Optional Items

- Hammock and straps
- Disposable camera
- 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