

Personal Equipment List

Please carefully review this list of items to bring to camp. It's important to come prepared with all of the necessary items – and to leave certain items at home. As you pack, please keep in mind the following guidelines:

- Please label all clothes and equipment with camper's first and last name
- All belongings should fit into 1 suitcase or duffel bag that **camper can carry (note: rolling bags are difficult to pull over camp terrain)**
- Sleeping bag, pillow, and bed pad can be separate, but they still need to be able to carry everything by themselves. **A comfortable bed pad is very important for a good week at camp**
- Bring clothes that are comfortable—and that you don't mind getting dirty
- Make sure to bring a warm jacket and sweatshirt for the evenings
- It gets cold at night – please bring a warm sleeping bag and an extra blanket

Camping Equipment (label all bags and equipment)

- Outdoor Sleeping Bag (warm to 30 degrees)
- Blankets (it gets really cold at night)
- Foam pad (or air mattress no bigger than twin)**
- Pillow and pillow case (**small**)
- 2 large garbage bags (for dirty clothes, rain protection, etc.)
- Day pack – needed daily
- Flashlight and batteries
- Water bottle
- Camp Chair

Personal Items

Please avoid food or fruit scented products.

- Journal & pens or pencils
- Scriptures
- Insect Repellent (with 95 – 100% "Deet")
- Sunscreen
- Lip balm
- Sanitary pads or tampons (high altitude often affects body rhythms)
- Bar soap or body wash
- Toothbrush & toothpaste
- Hairbrush/comb
- Deodorant
- Shampoo/conditioner
- Kleenex
- 1 bath towel & washcloth
- Watch (optional)
- Camera (optional)

Clothing

- 4 pairs long pants (no shorts)
- 4 short-sleeved shirts (no sleeveless or tank tops)
- 1-2 long-sleeved shirts (cotton or flannel)
- 5-6 pairs of socks
- 1 pair heavy (wool) socks to wear while sleeping
- 2 pairs tennis/hiking shoes (need good tread and

solid foot, arch, and ankle support). These shoes are for hiking, playing sports and games.

- 1 modest swimsuit and cover-up (for Tibble Fork Reservoir)
- Underwear
- Warm Sweater/Fleece (or **thick** hooded sweatshirt)
- Warm hat/cap
- Warm coat or jacket
- Warm sleepwear (e.g., thermals, sweatpants & sweatshirt)
- Visor/Hat (to keep sun out of face)
- Rain gear or poncho
- Bandana (optional)
- Flip Flops (for shower only)
- Gloves (optional)

Items to leave at home

If any of these items are brought to camp, we will keep them for you until it is time to depart.

- Any fruit scented lotions, lip balm, shampoos, etc.
- cell phones, any electronic devices
- Plenty of treats are provided so NO CANDY please