**Suggested Packing List for Wilderness Camp**

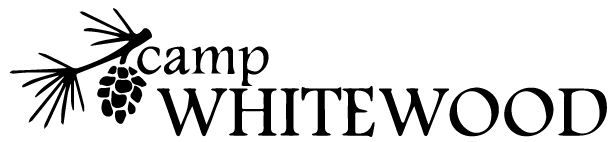
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Flashlight

Rain coat

1 pair extra tennis shoes

Toothbrush

Toothpaste

Sweatshirt/jacket

Pajamas

Hairbrush (girls, if preferred)

Camera (optional)

Undies

Journal (optional)

Swim suit

2 or 3 changes of clothes (shirt and pants/shorts)

T-shirt

Long pants (athletic pants, if you have them…avoid cotton)

Socks

Boots or shoes that can get wet

Hat, if desired

Deodorant

Bug Spray

Sunscreen

**Don’t wear smelly body splash or lotion!**

**Equipment provided by camp:**

Sleeping bags Tents

Sleeping pads Stove/gas

Tarp Food

Backpack Trowel and toilet paper

Mess kit Rope

Plastic bags for packs Lantern

Cooking utensils/pots/etc. Water bottle

**What NOT to Bring to Camp**

• Cell Phones, iPods, Radios, pagers, walkman, MP-3 players, CD’s, game boys or other electronic devices (we cannot be responsible for these items and they take away from the camp experience—most cabins have music in them).

• Weapons, including pocket knives

• Over the counter medications (we have a fully equipped health lodge). If a camper brings over the counter medicine, it must be checked in with our camp nurse at check in.

• Campers may be dismissed from camp if found possessing weapons, illegal drugs, alcohol or cigarettes.

Thank you for leaving these items at home!