



- Sleeping bag and pillow (Maybe a bed sheet as well)
- Sufficient clothing for 1 week e.g., 2-3 long pants, 3-5 pairs of shorts, 2-3 sweatshirts or warm outerwear
- Appropriate number of t-shirts, socks, underwear, pyjamas for the week
- Swimsuit and Beach towel (No string bikinis or speedos please)
- Footwear for active wear. Closed-toe shoes for archery and forest exploration
- Personal items: comb or brush, toothbrush, soap, shampoo, deodorant, face cloth, towel, personal hygiene items
- High quality sunscreen
- High quality insect repellent
- Bible, modern translation preferred (optional, we will have extra available on site)
- Hat
- Water bottle
- 2 large garbage bags (1 for dirty and wet clothes, 1 for camp-out, Camp out excluded for Pre-Juniors)
- Back pack to carry clothes ect. to the lake and back and for overnight campout
- **Medications:** All camper meds will be kept with and dispensed by the Health Officer. Please label with the camper's name
- Optional: flashlight, watch/clock, money for camp purchases (t-shirts, water bottles, tubees)

**Please note:** We expect campers to wear clothing that they can be active in and get dirty. Please do not wear clothing that is revealing or have inappropriate messages on them.

**Please do not bring** extra food: daily snacks are provided. Please leave behind all electronic devices including cell phones, or electronic games; as well as water guns, knives, hatchets, and jewelry.