

WHAT-TO-BRING CHECK-LIST

- _____ Sleeping bag or bedroll including blankets and sheets. Intermediate Challengers will be sleeping out one night.
- _____ Pillow
- _____ Swimsuit
- _____ Sunscreen and Insect Repellent (non-aerosol 10-30% DEET recommended)
- _____ Camp type clothing (leave your good clothes at home). Hot afternoons, cool evenings and rainy days are the general extremes. Underwear and socks for each day, pajamas, heavy and light shirts, jeans and shorts (3-4 pairs). Nylon pants/shorts are good for canoeing.
- _____ Two pairs of comfortable shoes, one of which is old and can get wet and muddy
- _____ Warm jacket, sweatshirt, raincoat or poncho (rain doesn't stop us!)
- _____ Personal items: Towel, soap, toothbrush & paste, plastic cup, shampoo, etc.
- _____ Camera and film, sunglasses, hat, boots, pencil, and tablet (optional)
- _____ Water bottle
- _____ Flashlight and extra batteries
- _____ Bible
- _____ Health Form (if not already mailed) **Must be signed by Parent or Guardian**
- _____ Medications (if needed) Turn in to Health Center upon arrival (includes over-the-counter medications)

Please do not bring: pets, knives, CD players, computer games, ipods, radios, cell phones, sandals, halter tops, pop, candy/gum or snack foods (snacks are provided).

Fireworks, alcohol, and cigarettes are illegal for all campers