

## **WHAT TO BRING (High School Adventure Camp)**

- Sleeping bag
- Mask
- Pillow
- Clothing for warm days and cool nights  
\*remember that this is a church camp; please dress accordingly (i.e. no clothing with alcohol or drug advertisements, vulgarities, or the like).
- **Sturdy hiking shoes** – we will be hiking on uneven terrain
- Rain jacket
- Warm hat
- Flashlight
- Warm jacket
- Bath towels
- Toilet articles (toothbrush, soap, deodorant, etc.)
- Sunscreen & lip protection
- Hat with brim for sun protection
- Bathing suit/shorts that dry fast
- T-shirt or sun shirt to wear under life jacket on the river for sun protection (optional)
- Sandals or old tennis shoes that will stay on your feet in the water
- Water bottle
- Small backpack for hiking

**\*\*\*\*\*extra shoes and socks\*\*\*\*\***

### **OPTIONAL**

- Mountain Bike (if you have one and chose to go biking)
- Musical Instrument if you would like to play
- Fitted Twin Sheet
- Sunglasses, Insect repellent, etc.
- Camera and Film

**PLEASE DO NOT BRING KNIVES, FIREWORKS, ILLEGAL DRUGS, ALCOHOL, OR CIGARETTES. THESE ARE NON-NEGOTIABLE AND WILL RESULT IN A TRIP HOME.**

**Also, please DO NOT bring cellular phones, iPods, or hand-held video games. You will be asked to surrender these items to your parents at the time of check-in.**

**THANK YOU!**