**Gresham Stake Young Women Camp**

**Packing List**

**Young women, Please do not bring any cell phones or electronics to camp**. YW Camp is an opportunity to separate from worldly influences and feel the Spirit of our Savior, Jesus Christ (YW Camp Guide). Adult leaders will have cell phones to stay in touch with family responsibilities. They will assist with emergency needs, photography, and music for skits or cabins.

**All clothing needs to be in compliance with Strength of Youth standards**.

*Avoid styles that emphasize or draw inappropriate attention to your physical body instead of who you are as a child of God with an eternal future. Let moral cleanliness and love for God guide your choices. Seek counsel from your parents.” (For the Strength of Youth)*

**General Equipment: Label all items with your name**

◻ Scriptures (**Book bound copy-NO electronic scriptures devices)**

◻ Flashlight and batteries

◻ Journal & pen/pencil

◻ Camera, sunglasses, watch (optional)

**Clothing: *Enough for 5 days and 4 nights***

◻ Socks

◻ \*Pants/capris/shorts/lava lavas worn with shorts or leggings

◻ \*Shirts (no spaghetti straps, crop tops) ◻ Underclothes

◻ Sweatshirt/Jacket

◻ \*Sleepwear

◻ Shoes/slippers (for wearing around camp) ◻ Clothes to get muddy in

◻ Canteen or Water Bottle

◻ Camping chair

◻ Backpack (for hiking)

◻ Life jacket (if you own one or can borrow) ◻ Large garbage bag for dirty clothes

◻ Closed toed shoes/ tennis shoes (for use in river and hiking

◻ \*Modest swimsuit or shorts and dark colored top for swimming

◻ Towel for swimming

◻ Flip flops for shower (optional)

◻ Hat/Bandana

\*Bring clothing that is modest, practical, comfortable, and suitable for camping/hiking. Please avoid logos or sayings on clothing that would detract from the Spirit that we enjoy at camp. Please take time to review the For Strength of Youth guidelines with your family and YW leaders. Please share these standards with friends you invite to camp.

**Toiletries:**

◻ Sunscreen

◻ Towel, Washcloth

◻ Soap/Shampoo/Conditioner

◻ Soap holder or ziplock bag

◻ Deodorant (No aerosol sprays) ◻ Feminine Products (pads, tampons, etc) ◻ Brush/Comb

◻ Hair Accessories

**Sleeping Gear:**

◻ Sleeping Bag or Blankets

◻ Pillow and pillowcase

◻ Sheet to cover mattress (optional)

◻ Toothbrush/Toothpaste/Floss

◻ Chapstick

◻ Insect Repellent

◻ Personal Medications (**These will be given to the nurse upon arrival & administered ONLY through the nurse, bring in original prescription containers)**