

Sauk River Christian Camp
Teen Camp Packing List

Suggestion: Take a look at the weather forecast for Darrington, Wa for the last full week of July.

BASICS:

- BIBLE
- Pillow
- Sleeping bag or bedding
- Medications - *Please have a list of what medications and when as a help for the nurse. This includes over-the-counter meds, which will need campers' name and dosage information written on the bottle and written parental/ guardian's permission to administer.*
- Towel(s)
- Contacts and cleaning solution

CLOTHING:

- Pajamas
- Clothes to get wet in
- Underwear
- Socks
- T-Shirts
- Tank Tops - 3 fingers width wide at shoulder (no midriiffs or low cut)
- Long Pants/ Jeans
- Shorts (at or below fingertips)
- Hoodie/ Sweatshirt/ Jacket
- Tennis Shoes/ Sneakers/ Athletic shoes (you don't mind getting dirty)
- Sandals
- Sunglasses

HYGIENE/ SHOWER STUFF:

- Toothbrush
- Toothpaste
- Soap/ body wash
- Washcloth / loofah
- Shampoo
- Conditioner
- Deodorant
- Brush / Comb
- Shower Shoes/ flip flops
- Feminine Hygiene Products

MISC:

- Labeled Water Bottle (HYDRATION IS IMPORTANT)
- Sunscreen
- Backpack or tote
- Camera
- Flashlight
- Insect Repellent
- Notebook
- Pen(s) / Pencil(s)
- Hand Sanitizer

DON'T:

- Video games
- Weapons of any kind
- Drugs

Note: Cell Phones are allowed for the uses of a camera, clock, and music - with headphones during bedtime and quiet time only per cabin counsellors approval.

*Note: Teens who drive themselves to camp must turn over their keys to the director/co-director upon check-in