



# Empower Camp 2025

## Packing List

### Sleep items

- ☐ Pillow
- ☐ Sleeping bag
- ☐ Twin Fitted Sheet (for mattress)
- ☐ *Optional* - Extra Blanket  
(to be cozy by the campfire at night or for at night in your bunk!)

### Clothing

- ☐ T-Shirts / Sweatshirts
- ☐ Shorts / Jeans / Sweatpants
- ☐ Socks
- ☐ Undergarments
- ☐ Bathing Suit
- ☐ Pajamas
- ☐ *Optional* - Indoor shoes (slippers)

*\*Pro Tip!* Check the weather report to pack weather appropriate clothing.

### Outerwear

- ☐ Sunglasses
- ☐ Rain coat
- ☐ Hat (Baseball cap)

- ☐ Sneakers/hiking boots
- ☐ Water Shoes or Old Sneakers  
(Needed for creek walk. Crocs, flip flops, sandals are NOT appropriate for the creek walk)

### Toiletries

- ☐ Toiletry Bucket or Bag
- ☐ Toothbrush / Toothpaste
- ☐ Hair Care Products
- ☐ Face/Body Soap
- ☐ Shampoo / Conditioner
- ☐ Washcloth / Face towel
- ☐ Shower towel
- ☐ Deodorant / Powder
- ☐ *Optional* - Flip flops (for shower)

### Other

- ☐ Sunscreen
- ☐ Bug Spray
- ☐ Flashlight (with extra batteries)
- ☐ Medications
- ☐ Beach Towel
- ☐ *Optional* - Wrist watch

## Reminders

1. Empower Camp will provide all campers with a water bottle, day backpack & camp t-shirt.
2. Please leave cell phones and all valuable items at home. Any cell phones/valuable items brought to camp will kindly be requested to be locked up in the nurse's cabin. This is for the enjoyment of all participants.
3. Do NOT pack ANY snacks! **Help us effectively manage camper allergies AND unwanted critters!**
4. Bring clothing that can and will get dirty. Make sure the camper's name is clearly written on all personal items. This is important to make sure all of your items return home with you.
5. Empower Camp has a zero-tolerance policy for alcohol, drugs and vaping devices. Alcohol, illegal/street drugs, cigarettes, vaping and e-cigarettes are not permitted on the premises at any time. Anyone found to be in possession or found to be under the influence will be dismissed immediately, including confiscation of unauthorized device.
6. ***Empower Camp is not responsible for lost, stolen or damaged items.***