



Empower Camp 2023

Packing List

Sleep items

- Sleeping bag (or blankets)
- Extra Blanket (for either at the fire or in your bunk!)
- Pillow
- Twin Fitted Sheet (for mattress)

Clothing

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

**Pro Tip!* Check the weather report leading up to camp and pack your clothing accordingly.

Outerwear

- Sunglasses
- Rain coat
- Hat
- Sneakers/boots
- Water Shoes (or old sneakers)

Toiletries

- Flip flops
- Toiletry Bucket or Bag
- Toothbrush / Toothpaste
- Hair Care Products
- Face soap
- Body Soap
- Shampoo / Conditioner
- Washcloth / Face towel
- Shower towel
- Deodorant / Powder

Other

- Sunscreen
- Bug Spray
- Flashlight (with extra batteries)
- Medications
- Beach Towel
- Day backpack
- Wrist watch

Reminders:

- Empower Camp will provide all campers with a water bottle, journal & pen, and camp t-shirt.
- Please leave cell phones and all valuable items at home. If cell phones or valuable items are brought to camp, we will kindly request that they be locked up in the nurse's cabin. This is for the enjoyment of all participants.
- 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.
- ***Empower Camp is not responsible for lost, stolen or damaged items.***