



ADVENTURERS (AGE 15-16)

What to Pack List

REQUIRED:

- Backpack
- Water bottle with carry strap (for those hikes we will go on)
- One week's worth of camp clothes – T-shirts, tank tops (not spaghetti strap or halter), and shorts that you don't mind getting dirty (Have 2-3 EXTRA changes of clothes, including extra underwear, socks.)
- **One set of OLD CLOTHES that you don't mind becoming stained – for paint powder/paintball activity.**
- Long pants/jeans (***required*** for ropes course)
- Light jacket or sweatshirt
- **Closed-toe sneakers/hiking boots** – your shoes will get dirty, so don't bring your best pair to wear every day
- An extra pair of shoes (in case the first pair gets wet while crossing a creek)
- **Sleeping bag (Adventure Campers will sleep in tents or under the stars multiple nights during camp week)**
- **Bedding (twin-sized sheets, comforter, pillows) for sleeping in the cabin**
- **Towels/washcloths and beach towel**
- Toiletries (toothpaste, toothbrush, soap, shampoo, brush/comb)
- Sunscreen
- Insect repellent (stick or lotion) **For mosquito protection, the Centers for Disease Control and Prevention recommends that the insect repellent be one with DEET, picaridin, oil of lemon eucalyptus, or IR3535.**
- Flashlight
- Rain gear
- Skirt, dress, or nice shirt for Thursday night dance
- Appropriate sleepwear
- Swimsuits must be modest and designed for water activities. For boys, swim trunks or board shorts are appropriate. Tight-fitting swim briefs or swim bottoms that allow exposure are not allowed. For girls, modest tankinis or one-piece swimsuits are appropriate. Bikinis or two-piece suits with tie closures are not allowed.
- Prescribed medications *in their original labeled container*. It is an American Camp Association (ACA) requirement that any prescribed medication to be dispensed at camp by the nurse can ***only*** be dispensed ***if*** it is in the original container. Same thing with over-the-counter medications.

RECOMMENDED:

- Water shoes – must have an ankle strap to keep secure on the foot (for creek stomps)
- Camera (inexpensive/disposable are great) – make sure you put your name on it with a black permanent marker
- Small duffle bag or sturdy bag
- Camp store money (if you wish to purchase something before you leave camp on Friday)

NOT ALLOWED AT CAMP:

- Food, soda or candy (**prohibited in cabins**)
- Electronic devices – **NO cell phones**, radios, tablets, kindles, or other smart devices (Phones paired with hearing devices are acceptable.)
- Knives, or weapons of any kind
- Cash, checks, or credit cards (except store money, that should be given to the adult who registers the youth)

PLEASE NOTE

We are not responsible for lost or stolen items (this includes campers' jewelry, glasses, hearing aids, and cochlear implants). If it's expensive, please don't bring it to camp.