

## **ESSENTIALS:**

- Casual clothes that can get dirty
- Sturdy tennis shoes
- Secure footwear with a heel strap for the river (no flip flops)
- Modest swimsuit
- Small backpack
- Sleeping bag / Sheets and a blanket
- Pillow
- Toiletries
- Towel
- Sunscreen
- Water bottle
- Bible (we have extra if needed)
- Notebook and pen for journaling
- Medications\*

## **OTHER ITEMS:**

- · Light jacket or sweatshirt
- Sunglasses (strap recommended for adventures)
- Hat
- Bug spray
- Camera
- Carabiner
- Spending money for the camp store

<sup>\*</sup>All camper medications must come in a Ziplock bag with their name printed clearly and a list of dosage/instructions inside. Medications must come in the original container.