

CLOTHING & EQUIPMENT LIST – Family Camps

Camp is rough on clothes and gear. Items that are older and less expensive are recommended.

Please send a **STURDY WATER BOTTLE** with your camper or purchase one at N-Sid-Sen.

To avoid injuries to feet and ankles, we ask everyone to wear sturdy shoes at all times.
This also makes walking and hiking safer and more enjoyable.

PLEASE LEAVE WEDGE/PLATFORM & FLIMSY SHOES AT HOME!

**Clothing should be appropriate for a church camp - without hurtful words or messages.
(For example: nothing violent, racist, sexist, negative, or that promotes drugs, alcohol or sexual behavior.)**

CLOTHING - in addition to what camper wears to camp

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|-----------------------------------|--|
| 7-8 pairs of shorts | 2 swimsuits |
| 1 pair of lightweight long pants* | 2nd pair of sturdy, lightweight shoes for walking & hiking |
| 1 long sleeved shirt | 1 pair of water shoes (great for the lake & float trip) |
| 8-9 t-shirts | 1 sweatshirt or fleece jacket |
| 7-8 sets of underwear | 1 rain jacket or poncho |
| 7-8 pairs of socks | 2 pairs of light-weight pajamas |

*Long pants are recommended for some activities and chilly evenings.

NOTE: Clothes often get dirty or wet, so extras are needed. Please pack **AT LEAST** the number of items indicated.

BEDDING

Option 1: • sleeping bag • pillow and pillowcase

(Sleeping bags should be rolled tightly and secured with a sturdy tie or belt. Stuff bags also work well!)

Option 2: • fitted twin sheet • flat sheet • blanket • pillow and pillowcase

ALSO NEEDED

- | | | |
|---|--|---|
| water bottle | comb or brush | dirty clothes bag (LABEL IT!) |
| 2 bath towels & 2 washcloths | necessary medications | drawstring bag or small backpack |
| 2 beach towels | (in original container) | sunscreen and lip balm |
| sunglasses | a hat to keep the sun & bugs off your head | |
| wash kit (toothpaste/brush, soap, shampoo, deodorant...) | | shower/bathroom shoes |
| repellent for insects – NO AEROSOL CANS PLEASE – lotion, wipes or pump spray are acceptable | | |

OPTIONAL

- flashlight & extra batteries pencil/pen, paper, stamped envelopes
musical instrument - guitar, banjo, ukulele, recorder, etc.

DO NOT BRING:

- ➔ valuable or breakable items
- ➔ aerosol products of any kind
- ➔ guns, knives, or any type of weapon
- ➔ cannabis or items containing cannabis
- ➔ unprescribed medications, other than OTC (over the counter) items
- ➔ electronic hand-held games, etc.
- ➔ matches or lighters
- ➔ flimsy or wedge/platform shoes
- ➔ any illegal substances
- ➔ laser pointers
- ➔ fireworks

LOST & FOUND IS A CONSTANT CONCERN FOR CAMP STAFF. HELP US HELP YOU.

1. Label everything, including dirty clothes bags, with the camper's full name. Even duffel bags and suitcases have a tendency to get scrambled, so please label them, too.
2. Items on the "Do Not Bring" list will be collected and held till the end of the week.
3. N-Sid-Sen & the Pacific Northwest Conference are not responsible for lost, stolen or damaged items.
4. Every camper will carry, care for and be responsible for his/her own gear.

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