

CLOTHING & EQUIPMENT LIST - Full Week Youth Sessions

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 with **closed-toes** 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

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	shower/bathroom shoes
wash kit (toothpaste/brush, soap, shampoo, deodorant...)		
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
- ➔ electronic devices of any kind
- ➔ cell/smart phones
- ➔ iPods, tablets, electronic hand-held games, etc.
- ➔ cameras
- ➔ laser pointers
- ➔ flimsy or wedge/platform shoes
- ➔ fireworks
- ➔ matches or lighters
- ➔ guns, knives, or any type of weapon
- ➔ candy, gum, soda, food items
- ➔ radios
- ➔ items containing alcohol, cannabis, or tobacco products
- ➔ vapes
- ➔ any illegal substances

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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