

# 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 - except at designated times and places. 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 words or graphics that could be interpreted as hurtful or disrespectful by individuals from a wide variety of ages and backgrounds.**

## **CLOTHING - in addition to what camper wears to camp**

7 pairs of shorts or capris	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 & floating)
8 t-shirts	1-2 sweatshirt or fleece jacket
7 sets of underwear	1 rain jacket or poncho
7 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**

<b>water bottle - sturdy</b>	comb or brush	dirty clothes bag ( <b>LABEL IT!</b> )
2 bath towels & 2 washcloths	necessary medications	<b>drawstring bag or small backpack</b>
2 beach towels	<b>(in original container)</b>	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 or headlamp & extra batteries      pencil/pen, paper, stamped envelopes  
small fan & extension cord      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 in the office until 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 their own gear.

REV 06.24