

CLOTHING & EQUIPMENT LIST – Week of July 21-24

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.

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 SANDALS, WEDGE/PLATFORM & FLIMSY SHOES AT HOME!!

FLIP FLOPS may be worn as shower shoes only. CROCS may only be worn at designated times.

Clothing should be appropriate for a church camp - modest in fit and 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*

- | | |
|---|---|
| 1 pair of jeans for horseback riding | 1-2 swimsuits (modest one-pieces or tankinis) |
| 1 pair of lightweight long pants* | 2 nd pair of sturdy, lightweight shoes for walking and hiking |
| 4-5 pairs of shorts** | 1 pair of tennis shoes or mud boots that can get wet***
(not sandals, flip flops, thin water shoes or crocs) |
| 1 long sleeved shirt | 1 sweatshirt or light sweater |
| 4-5 t-shirts** | 1 rain jacket or poncho |
| 4-5 sets of underwear** | 1 pair of light-weight pajamas |
| 5-6 pairs of socks** (1 taller pair for riding) | |

*Long pants are recommended for some activities. **Clothes often get dirty or wet, so please pack the extras as indicated. ***Boots or tennis shoes that can get wet are for a creek walk.

BEDDING

- sleeping bag – good padding, even if the camper just sleeps on top • pillow and pillow case
(*Sleeping bags should be rolled tightly and secured with a sturdy tie or belt. Stuff sacks also work well!*)
- fitted twin sheet • flat sheet - for cover on warm nights & protection from mosquitoes

ALSO NEEDED

- | | | |
|---|--|---|
| water bottle | comb or brush | dirty clothes bag (LABEL IT!) |
| 1 towel & 1 washcloth | necessary medications | drawstring bag or small backpack |
| 1 beach towel | (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 & ticks – NO AEROSOL CANS PLEASE – lotion, wipes or pump spray are acceptable | | |

OPTIONAL

- flashlight & extra batteries pencil/pen, paper, stamped envelopes
fishing pole & tackle (NOT Girl Power)

DO NOT BRING:

- ➔ valuable or breakable items ➔ aerosol products of any kind ➔ electronic devices of any kind
- ➔ cell or smart phones ➔ iPods, tablets, electronic hand-held games, etc. ➔ cameras ➔ radios
- ➔ laser pointers ➔ sandals, flimsy or wedge/platform shoes ➔ fireworks ➔ matches or lighters
- ➔ guns, knives or any type of weapon including utility tools ➔ candy, gum, soda, food items
- ➔ 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 last name. Even duffel bags and suitcases have a tendency to get scrambled, so they need to be labeled, too.
2. Items on the "Do Not Bring" list will be collected and held till the end of the week.
3. DuBois Center & the Illinois South 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.

REV 05.19