

## What to Bring

Because you are packing for a back country camping experience **one very important concept is to avoid using cotton and denim clothing.** Cotton becomes heavy, uncomfortable, and does not insulate when it is wet. Cotton should be particularly avoided in socks, shorts, underwear & outerwear. Look for material names like wicking, Quik-Dri, Merino Wool, Cool Max, Capilene, Therm-a-silk, Techwick, & Poly-pro. **Do not overspend for this trip.** Most of the items are common and ones that you probably already have or, could easily borrow. Two bargain camping stores are Campmor: [www.campmor.com](http://www.campmor.com) and Sierra Trading Post: [www.sierratradingpost.com](http://www.sierratradingpost.com). EMS, LL Bean, and REI are also great stores for outdoor clothing and gear but tend to be a bit more expensive.

**Remember, please label all clothing & personal items so that lost items can be returned to you.**

- 1 lightweight non-cotton sleeping bag in a stuff sack and Pillow
- 1 nylon poncho or appropriate rain gear (*avoid easily torn vinyl ponchos*)
- 1 day-pack with shoulder straps (*school backpacks work fine*)
- 2 quart-sized water bottles for water storage (*Nalgene style best*)
- 2-4 T-shirts (*at least 2 being quick drying T-shirts*)
- 2-3 pair quick drying shorts (*example: nylon soccer shorts*)
- 2-3 pair *quick drying (non-cotton)* underwear helps avoid rash and discomfort
- 1 modest swim suit
- 1 wool sweater or fleece jacket (*Non-cotton insulating layer*)
- 1 Pair of pants (*Not Jeans or Cotton Sweats – windbreaker or Fleece material*)
- Plate, Cup, Bowl, Utensils (*plastic or metal dishes*)
- A small Bible in a zip-lock bag (*lightweight size or a New Testament*)
- Hat with a Brim (*PA Health Dept requirement for kayaking/canoeing*)
- Old shoes, secure sport sandals or water shoes to wear while on the water. (*No flip-flops!*)
- Flashlight or Headlamp with extra batteries
- Zip Lock baggies to waterproof anything you really want dry (*1 Gallon size best*)
- \$15-\$25 Cash (*This is for travel snacks, and one meal on the road*)
- Towel (*quick dry best*)
- Sunscreen (*SPF 15 or higher*)
- Chap Stick
- Insect Protection
- Effective whistle
- Warm knit cap (*for warmth should it get chilly, optional*)
- Folding pocket knife (*optional*)
- Compact camera (*optional*)

**Some of these items may seem excessive for warm weather but the reality of wet, cold, and wind is possible and dangerous in any season. We might not use some of the above items but we want to be prepared!**

## What Not to Bring

Cell phones/ electronics, Non-prescription Meds, Drugs/ Alcohol/ Tobacco, Dangle or hoop ear-rings, Spaghetti strapped Tops, Bikini style swim suits, Mid-cut and short shirts, Personal sports equipment, Animals or Pets, Snack foods/ Candy, Weapons of any kind, Fireworks & combustibles.

## Clothing Modesty

*We encourage staff and campers to wear clothing that adheres to the modest standard described below. Please carefully look through your clothes to honor this request. If your attire is not modest, you will be asked to change.*

- Swimsuits should be modest and one-piece or a Tankini-only if the fabric fully overlaps (no bikinis or speedos).
- Shorts should be suitable for recreation, and not form-fitting or overly short (mid-thigh or fingertip length).
- Shirts should be suitable for recreation and modest. Please do not pack form-fitting shirts, and those that reveal stomach.
- Leggings may be worn under other appropriate clothing but not as stand-alone pants.
- Tank Tops must pass all expectations for shirts, have straps that are 2 inches in width, and may not expose the back.
- Please do not bring clothing with wording or images contrary to the Christian principles of the camp.