

# SUMMER CAMP @ PHOEBE NEEDLES

## WHAT TO BRING (& WHAT **NOT** TO BRING)!

ITEM & Description	Middler & Senior	First Year & Art	Outdoor Expedition	Rock Climbing	Nature	Outreach
Older/Comfortable Clothing	X	X	X	X	X	X
Old WARM Clothes & Shoes that you can throw away after camp (Will get wet & stinky caving)	X		X	X	X	
Long Sleeve Shirt	O	O	X	X	O	O
Tennis Shoes/Sneakers	X	X	X	X	X	X
Sturdy Shoes/Hiking Boots			X	X	X	X
Raincoat or Poncho	X	X	X	X	X	X
Towel	X	X	X	X	X	X
Sleeping Bag or Twin Sheets & Pillow	X	X	C	C	X	X
Sleeping Pad			O	O		
Swimming Suit	X	X	X	X	X	X
Sunscreen (Lotion - not oil or spray)	X	X	X	X	X	X
Insect Repellant	X	X	X	X	X	X
Toiletries (Shampoo/Soap/Deoderant/Etc.)	X	X	X	X	X	X
Flashlight	X	X	X	X	X	X
Bible/Prayer Book/Devotional	O	O	O	O	O	O
Musical Instruments	O	O	O	O	O	O
Camera	O	O	O	O	O	O
Journal	O	O	O	O	O	O
Chapstick	O	O	O	O	O	O
Hat (for sun)	X	X	X	X	X	X
Polyprosweater			X			
Small Towel			X			
Quick-dry towel			O	O		
Bandana			X	X		
Long Pants			X		X	
Binoculars					O	
Leather Work Gloves					O	O
Work Clothes						X
Climbing Shoes				O		
Illegal Drugs or Non-Prescription Medications**	NO!					
Knives of any kind, including Pocket Knives	NO!					
Cell Phone or Other Electronics	NO!					
Pets of any kind	NO!					
Alcohol or Tobacco Products (Including Vapes)	NO!					
Firearms or Weapons of any kind	NO!					
Sports Equipment (unless approved in advance)	NO!					
Fireworks of any kind	NO!					
Candy/Soft Drinks/Energy Drinks	NO!					

### KEY

X	= BRING TO CAMP
O	= OPTIONAL ITEM
C	= MUST BE SUITABLE FOR OUTDOOR USE
NO!	= DO NOT BRING!!!

\*\*Non-Prescription (Over The Counter) Medications (including vitamins) AND Prescription Medications CAN be sent by parents/guardians to be STORED BY CAMP STAFF for administration to campers. NP/OTC Meds should be sent in the original container labeled with the camper's name. Prescription Meds should be in the original container with the prescription label intact identifying the prescribing doctor, the name of the medication, the dosage and frequency of administration. CAMPERS ARE NOT ALLOWED TO KEEP MEDICATIONS OF ANY KIND WITH THEM DURING CAMP, except for emergency medications (like inhalers). However, these medications MUST be CHECKED IN with camp staff, first, so that staff is aware of the medication and is able to monitor its location and use.