

SUMMER CAMP @ PHOEBE NEEDLES

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

ITEM & Description	All Residential Camps except Outreach	Outreach Camp
Older/Comfortable Clothing	X	X
Old WARM Clothes & Shoes that you can throw away after camp (May get wet & stinky)	X	X
Long Sleeve Shirt(s)	X	X
Tennis Shoes/Sneakers	X	X
Sturdy Shoes/Hiking Boots	X	X
Raincoat or Poncho	X	X
Bath Towel & Wash Cloth	X	X
Swim Towel (2 if possible)	X	X
Sleeping Bag for outdoor camping	X	X
Sleeping Pad (to go under Sleeping Bag on ground)	X	X
Twin Sheets set	X	X
Bed Pillow	X	X
A small backpack or string bag for carrying items on a hike	X	X
Small amount of pocket money for trips to store for treats	O	O
TWO Swimming Suits	X	X
Sunscreen (Lotion only - not oil or spray)	X	X
Insect Repellant	X	X
Toiletries (Shampoo/Soap/Deoderant/Toothbrush/Etc.)	X	X
Flashlight or Headlamp	X	X
Bible/Prayer Book/Devotional	O	O
Musical Instruments	O	O
Camera	O	O
Journal	O	O
Chapstick	O	O
Hat (for sun)	X	X
Bandana	O	O
Long Pants	O	O
Binoculars	O	O
Leather Work Gloves		O
Work Clothes		X
Climbing Shoes	O	O
● CELL PHONES OR OTHER ELECTRONIC DEVICES ●	NO!	
Knives of any kind, including Pocket Knives	NO!	
Candy/Soft Drinks/Energy Drinks	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!	
Anything of great value like expensive clothes, shoes, etc.	NO!	
Illegal Drugs or Non-Prescription Medications**	NO!	

**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.

X	= BRING TO CAMP
O	= OPTIONAL ITEM
NO!	= DO NOT BRING!