

WHAT TO BRING TO CAMP

Residential Summer Camp @ Phoebe Needles Center

ITEMS NEEDED FOR ALL CAMPS

IMPORTANT

- WATER BOTTLE !!!

CLOTHING & SHOES

- Older, comfortable clothing
- Set of warm, old clothes and shoes that can be thrown away after camp—may get wet & stinky
- Long sleeve shirt(s)
- Raincoat or poncho
- Hat
- Bandana
- Long pants
- TWO Swimming suits
- Tennis shoes/sneakers
- Sturdy shoes/hiking boots

BEDDING

- Twin sheets set or sleeping bag
- Bed pillow

BATHING & TOILETRIES

- Bath towel and washcloth
- Swim towel (2 if possible)
- A large zip-lock bag for storing toiletries during the week
- Toothpaste & toothbrush
- Deodorant
- Shampoo and soap
- Sunscreen lotion or spray (NO OIL!)
- Insect Repellant
- Chapstick/lip balm

MISCELLANEOUS

- Small backpack or string bag for carrying items on a hike
- Small amount of pocket money for trips to store for treats

OPTIONALS

- Binoculars (optional)
- Flashlight or headlight
- Bible or devotional (optional)
- Journal (optional)
- Camera (optional—and not a cellphone)
- Musical instrument (optional)



SPECIAL ITEMS BASED ON CAMP

SENIOR CAMP

- Climbing shoes (optional)

MIDDLER CAMP

- Climbing shoes (optional)

BIG ADVENTURES CAMP

- Sleeping bag
- Sleeping pad
- Climbing shoes (optional)

OUTREACH CAMP

- Work gloves
- Work clothes

DO NOT BRING!!!

- Cell phones, Smartwatches, Tablets, Electronic Games or Electronic Devices of any kind
- Knives of any kind, including pocket knives
- Firearms or Weapons of any kind, including gel blasters and air soft guns
- Alcohol & Tobacco Products of any kind, including vapes and related paraphernalia
- Illegal drugs, Prescription Drugs not prescribed to the camper, or over-the-counter medications not properly turned in to camp staff during check-in***
- Fireworks of any kind
- Pets of any kind
- Sports Equipment (unless approved in advance)
- Candy, soft drinks, energy drinks, food kept in sleeping quarters
- Anything of great value (expensive clothes, shoes, jewelry, etc.)

*** 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 and epi-pens), However, these medications MUST be CHECKED In with camp staff, first, so that staff is aware of the medication and is able to monitor it's location and use.

