

**Clothing:** Pack enough for 4 days of camping

Shirts

Long pants (for Confidence Course and hike?)

Shorts (must be just above the knee)

Underwear and socks

Modest pajamas

Sweatshirt or light jacket (it will get cool at night)

Comfortable shoes for hiking (they need to be close-toed)

Sandals for rafting and canoeing (**Make sure they have straps so they don't fall off during the water activities**).

Hats-optional

Modest swimsuits for river rafting and canoeing.

**Bedding:**

Sleeping bag

Thick foam pad or air mattress

Pillow

Blanket

**Toiletries:**

Washcloth

Towel

Soap

Toothbrush and toothpaste

Nail kit—optional

Comb and brush

Sanitary needs

Lip balm

Medications

Lotion

**\* We will provide sunscreen, shampoo, conditioner, bug spray and basic medications.\***

**General Items:**

Flashlight and fresh batteries

**Reusable water bottle**

Small backpack for hike

Scriptures

Journal

Work gloves

Secret sister gifts

Camp chairs

**\*Please leave all electronic devices at home.\***