



What to Bring:

- Bible
- Notebook and pen/ pencil
- Clothing for 4 days
- Shoes - comfortable shoes for walking/sessions, flip flops for shower (optional)
- Swimsuit
- Bedding (sheets for a twin bed, blanket or sleeping bag + a pillow)
- Towels and washcloths
- Toiletries
- Prescription medications
- Money if you want to buy candy/soda from the camp
- Snacks (optional, but if you like snacks you should probably bring some)
- A water bottle
- Sunblock and bug spray (optional)
- Athletic equipment or games for recreation time (optional)
- Good attitude 😊

What Not to Bring:

- Alcohol, cigarettes (including e-cigarettes), drugs, etc.
- Pocket knives, guns, etc.
- Fireworks, explosives, etc.