

Personal Equipment Checklist

(Mark all items with your name and ward)

Things to consider when packing for camp: **No CELL PHONES or other electronic devices will be allowed at camp.** *YW camp is a time to “get away from the things of this world.” Please leave these items at home.*

Dress Standards:

The dress standards for camp are the same that apply at any church function as outlined in the “For the Strength of Youth” pamphlet. Modesty and showing respect for our Heavenly Father and ourselves is our standard. Please “avoid short shorts and short skirts, shirts that do not cover the stomach, and clothing that does not cover the shoulders or is low-cut in the front or the back.”

Swimsuits should be modest. Please wear a swimsuit coverup when not in the lake or on the lake shore. This could be a dress, board shorts, t-shirt, or tank.

Lake Items:

- Life Jacket
- Water shoes or flip flops for Lake Day
- Towel
- Swimsuit & cover-up
- Sunscreen
- Baseball cap, hat, or visor
- Sunglasses
- Hair accessories – elastics
- Water Bottle
- Backpack to hold everything
- Camp Chair or Lawn Chair

Hike Items:

- Close toed shoes
- Water Bottle
- Deodorant
- Sunglasses
- Sunscreen
- Insect repellent
- Hair accessories – elastics
- Lip balm
- Backpack
- Personal First Aid Kit (to fit in ziploc bag)

Everyday Items:

- Scriptures (bring them in a ziploc bag)
- Flashlight (with new batteries)
- Personal Handheld Fan (optional)
- Backpack
- Camp Chair or Lawn Chair
- Journal or Notebook
- Pencil or Pen
- Sunscreen
- Sunglasses
- Watch
- Camera (optional & not a phone Camera)
- Water bottle (camp will not provide one)
- Personal First Aid Kit
 - Suggested items: Band-aids, gauze, 1st aid tape, Neosporin, alcohol wipes, ace bandage
- Baby Wipes/Antibacterial Wipes
- Feminine Hygiene Products
- Pocket Pack of Tissues

Personal Medications

**Note all prescription meds need to be in their original containers and given to the camp nurse at check-in. This will only be for medications needed during camp hours. Morning and evening meds should be taken at home. The nurse will have some OTC medications Tylenol, Advil, bug bite cream, allergy meds etc.

Please pack supplies in a backpack.

One backpack & one folding chair per young woman