

## What Should I Bring to Training Camp?

### Things TO bring:

A sleeping bag and pillow. (Old)

Toothpaste and toothbrush.

Clothes appropriate for camping, for warm and cool weather.

A swimming suit. (Girls, a one-piece is preferable.)

Towels, soap and shampoo.

Bug spray and sun screen.

Appropriate footwear for camping. (Sandals, flip flops, old tennis shoes work best, dry socks are a must!)

Something to write home with, such as paper, pen, envelope, postcards, stamps and addresses.

Items for Bible study: An old Bible, a notebook and a pen or pencil.

Any medication you'll need. (The camp nurse will hold onto and disperse the medication as outlined on your medical form.)

Flashlight.

Rain gear.

Camera. (With extra batteries.)

Permanent marker. (It has become popular at the end of camp to sign each other's t-shirts.)

Sports equipment with your child's name clearly printed on each item. (i.e. basketball, soccer ball, Frisbee, Nerf football.)

Beach balls. (They are always great fun in the indoor pool, especially big ones).

You may wish to bring a fan and extension cord, but there is air conditioning in each cabin. (So as long as the air conditioning is working, the fans won't be needed.)

### Things NOT TO bring:

Any type of electrical equipment. (i.e. radio, Gameboy, laptop, CD player, I-pod, TV, cell phone. (We are trying to leave all those things behind for a week! If we find any of these items, the counselors will hold onto them until the end of the week.)

Water gun or water balloons.

Food. All food will be provided. No food will be allowed in the cabins. Squirrels and raccoons will find it. This includes gum and candy.

Trading cards of any kind.

Money. (Except what the parents need to bring to pay for camp.)