

PACKING LIST

CAMPING ITEMS

Camp chair
Sleeping bag, extra blanket, pillow
Sleeping pad or air mattress
Flashlight and batteries
Water bottle
Dished: Reusable plastic dinner plate, bowl, and spork or silverware to be washed after each meal
Mesh bag for drying dishes after washing

CLOTHING *(Camp dress code in addition to standards in FSJ: Shirts must be worn and must cover the midriff. Swimsuits must be one piece or midriff-covering tankinis. Shorts must be long enough to cover rear ends.)*

Sweater or sweatshirt
Light jacket
Rain shell or poncho
Shirts, at least one long-sleeved
Long pants, at least one pair
Shorts
Sleepwear
Underclothing and socks
Swimsuit (one-piece or midriff covering tankini)
Close-toed shoes for most activities
Water shoes
Sun hat/baseball cap
Work gloves and work clothes

PERSONAL ITEMS

Hand sanitizer
Toothbrush and toothpaste
Soap
Shampoo and conditioner
Comb, brush, hair bands, mirror
Lip Balm

SUNSCREEN

INSECT REPELLANT

Medications
Personal first aid kit
Feminine hygiene items (even if you aren't expecting to need them)
Plastic bag for dirty/wet clothing
Scriptures/Journal

OTHER

Life vest for river if you have one that you'd like to use (Cascade Park has ones on hand as well)