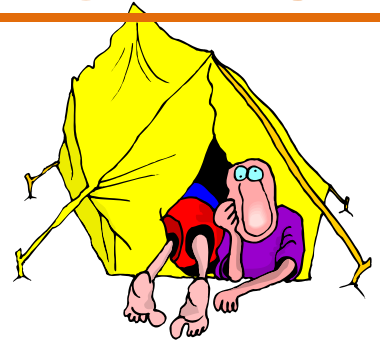


# WHAT-TO-BRING CHECKLIST

## All Campers

- Bible
- Sleeping bag or bedroll and/or blankets and sheets
- Pillow
- One piece swimsuit or tankini
- Sunscreen
- Insect Repellent
- One towel for the pool and a second towel for showers
- At least 1 pair underwear and socks for each day of camp. Extras are highly recommended.
- Pajamas or other comfortable clothing for sleep
- Heavy weight and light weight shirts
- 3 to 4 pairs of jeans and/or shorts. Nylon pants/shorts are good for canoeing.
- 1-2 pairs of comfortable shoes for activities around camp (must have a back to them no flip flops)
- Creek Stomping/water shoes (old sneakers, sandals with heel strap, etc., **flip-flops DO NOT COUNT**)
- Warm jacket, sweatshirt, raincoat or poncho (rain doesn't stop us!)
- Personal items: Towel, washcloth, soap, toothbrush & paste, plastic cup, shampoo/conditioner deodorant, flip-flops for the shower (**CANNOT** wear during regular camp activities) etc.
- Water bottle (we need to stay hydrated)
- Flashlight and extra batteries
- Laundry bag (for dirty clothes)
- Optional: Camera, sunglasses, hat, boots, pencil, and tablet
- Medications in original container if applicable.
- Cantina Money (\$10 suggested)
- White T-Shirt for tie-dying



## Ultimate Challenge Camp

- Sturdy Boots for caving (Laurel Caverns requires boots)



**All medications, including over the counter medications, must be given to designated staff member. All medications must be in their original containers.**

**DO NOT BRING:** Pets, knives or any weapons, fireworks, computer games, iPods, radios, cell phones, personal sports equipment (unless permission is given by camp director), halter tops, pop, candy, gum or snack foods.

**FIREWORKS, ALCOHOL, ILLEGAL DRUGS, AND TOBACCO PRODUCTS ARE PROHIBITED**

**CAMP FREDERICK IS NOT LIABLE FOR ANY LOST OR BROKEN ITEMS**