

# Adventure Mountain 2008

## What to Bring 5th & 6th Grades

### **A “Must Do” for Luggage:**

1. Label ALL luggage and items with a **permanent marker** (name, address, phone, church).
2. Make sure that your camper can transport the luggage they are bringing to camp.
3. It may be hot and dry or cool, rainy or muddy when campers arrive at camp, so be ready for anything.

### **The Essentials:**

- **Sleeping bag and pillow**. Tip: you can usually roll the pillow in the sleeping bag. It is a good idea to make sure the sleeping bag is in a water proof bag (even a plastic trash bag works).
- **Bible (and pens)** – be sure your camper’s name is in their Bible
- **Bath towel and wash cloth**
- **Flashlight**: Please be sure to label the flashlight and send extra batteries.
- **Camera**: Disposable cameras are the best. Be sure to label it with the camper’s name.
- **General toiletries**: soap, toothpaste, toothbrush, shampoo, towel, washcloth, etc.
  - Chap stick or other lip protection with sunscreen (non-flavored)
  - Waterproof Sunscreen: minimum spf 15
  - Lotion-if prone to dry skin
  - Bug repellent: lotion, stick, or spritz - NOT aerosol spray!
  - A Water Bottle (they can also buy one at camp if they do not arrive with one)
- **Clothing for six days**
  - Plenty of clean socks & underwear. (Socks get wet and dirty really fast at camp)
  - Swim suit(s)! We spend a lot of time in swimsuits so two or more swimsuits may be helpful for your camper, especially boys (board shorts). Please note that it is recommended that your child wear or bring a swimsuit on the first day of camp so they can swim immediately upon arrival. Girl’s suits should be one-piece.
  - T-Shirts and long sleeve shirts
  - At least one pair of long pants and sweatshirt; evenings can be cool
  - Two pairs of shoes. Hiking boots are not necessary but may be helpful for some children. However, some type of sturdy shoes is necessary. Waterproof shoes are a good idea too.
  - Sandals can be used for certain water activities. (But NOT worn in camp any other time!)
  - Rain coat, Poncho or other light rain gear: rain is not uncommon. Having waterproof gear of some sort can be helpful if it does happen to rain on us.
- **Medications: Must be** in their **original pharmacy container** along with written instructions. All in a Ziploc plastic bag with the camper’s name printed on it. (PLEASE NOTE: If meds are not in the original container we cannot and will not administer them.)

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- **Recommended:**

- Hat for sun protection
- Small backpack (daypack) for hikes
- Beach/swimming towel-in addition to bath towel for pool and lake days
- Plastic garbage bag (or two) for dirty clothing
- Books or other appropriate reading material and simple games for free time and during the bus ride to and from camp