

## WHAT TO BRING TO LEAD

(Please note that all personal items are brought at your own risk.)

- A positive attitude and a sense of humor!
- Sleeping Bag or blanket(s) and sheets (dorms are heated) and a pillow. Camp beds have mattresses only.
- Toiletries and other personal hygiene items – toothbrush, toothpaste, soap, shampoo, etc.
- Prescription medication(s) – must be listed on your Application
- Bath and hand towels.
- Walking shoes, tennis shoes, or hiking boots only. Sandals or open toed shoes are not allowed.
- Dress is casual – jeans, tee shirts and sweat shirts. Shorts are acceptable, but may not be desired if the weather turns cold (30° at night is possible). Long pants are necessary. Don't forget extra underwear and socks.
- Jacket, gloves, and other warm clothes – there is a possibility that it will rain and a remote possibility that it will snow so be prepared with warm clothes.
- Lightweight flashlight – remember fresh batteries.
- Camera.
- Backpacks are suggested for carrying a jacket, your Program Handbook, extra pens or pencils, snacks, and other items.
- Travel alarm clock.
- Phones, MP3 players, etc., may only be used at designated “free” time. If they are used at any other time, they will be confiscated and returned at the end of camp.