PUT YOUR NAME ON EVERYTHING THAT YOU BRING FROM HOME!

**PACK LIGHT.**

FOR DAY PACK

* Backpack
* Water bottle
* Small flashlight
* Extra Batteries
* Small First Aid Kit
* Pen/ Pencil
* Scriptures
* Journal
* Bug spray
* Sunscreen
* Chapstick
* Rain jacket or poncho

BEDDING

* Fitted Twin Sheet
* Blanket or sleeping bag (check the weather to see which is best)
* Pillow

SHOWER/TOILETRIES

* Towel
* Washcloth
* 1 big garbage bag (dirty clothes)
* Powder (For chaffing)
* Deodorant
* Moisturizer/lotion
* Comb or brush
* Personal Hygiene Products
* Soap
* Shampoo & Conditioner
* Toothbrush & toothpaste
* Flip flops/Shower shoes
* **Small** shower kit bag

CLOTHING

* Hat and/or Bandana
* Pants or shorts, at least 3-5
* Shirts (not tank tops).
* Shoes (running/hiking)
* Water shoes (not flip flops)
* Socks, 3-5 pairs.
* Pajamas or appropriate sleepwear.
* Belt (you will need a belt)
* Undergarments – 5 pairs
* One pair of jeans, one long sleeved shirt and a lightweight jacket

MEDICAL NEEDS

* Any personal medications in original containers with name on it. Place in a Ziploc bag with name on it.

**Contraband** – Do Not Bring

* + Firearms or ammunition
  + Matches or Lighters
  + Drugs or Alcohol
  + Cell Phones/Video Game

**Optional Items** –

* Musical Instrument
* Sunglasses
* Watch