

# Summer Camp Packing List:

## Bring:

- Large water bottle
- Sleeping bag
- Sleeping pad *\*boys will need sleeping pads, they are sleeping outside in adirondacks\**
- Pillow
- Clothes for Tuesday – Saturday
  - Warm clothing for the evening
  - Modest Summer clothing
  - Modest Swimming clothing
  - Rain jacket (just in case)
  - Closed toe shoes *\*required for many activities\**
  - Water sandals if desired
- Toiletries
- A Towel
- Bible, notebook, and pen
- Sunscreen!
- Flashlight
- Fishing rod and equipment *\*only if you want to fish\**
  - The lake is stocked with fish and they have row boats.
- Extra cash if you want to buy from the snack shack
- Activities / books / snacks for the drive to and from camp
- Games + board games you're willing to let others play
- All necessary medications for the weekend. *These will be handed over to the nurse and distributed by the nurse. Please leave a note with the medication so the nurse knows when to give them their medication.*

## Do Not Bring:

- Cell Phone / Gaming Devices
  - *Parents, this is a great opportunity for your child to step away from their screens and their comfort zones. In my experience, 70% of the reason these retreats affect our youth is because they step away from their daily rhythms and distractions. All leaders will have phones. If needed, students and parents will be able to contact each other through their phones. If you have any concerns about this, please feel free to contact me.*

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