



SUMMER CAMP

High School Camp Packing List



DRESS CODE



Modesty is the best policy. Shoes and shirts must be worn at all times unless it is a pool/lake/water activity.

Girls:

One-piece bathing suits are required.
- *Dark T-shirts can be worn over two pieces suits.*
No spaghetti straps or tube tops
No bare midriffs
No short shorts

Guys:

No speedo-style swimwear
No underwear showing
Shirts **must be worn at all times** outside of the pool/lake/water activities

PACKING:

- Packing Pro-Tips:
- Label all luggage items with your camper's full name and church
- Please limit luggage to no more than 2 bags to make sure your camper can carry all the luggage they are bringing to camp.
- Check the weather before sending your camper to camp – Forest Falls can be hot, dry, cool, rainy, or muddy throughout the summer – help your camper pack accordingly!

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Packing List



The Essentials:

- Sleeping Bag & Pillow
- Bible, Journal, Pen (make sure your camper's name is in their Bible)
- Bath Towel & Washcloth
- Beach Towel for Pool and Lake Activities
- Flashlight or Headlamp (with fresh batteries)
- Reusable Water Bottle (labeled with your camper's name)
- General Toiletries:
 - Toothbrush & Toothpaste
 - Shampoo & Conditioner
 - Soap / Body Wash
 - Deodorant
 - Sunscreen / Bug Repellent

Clothing for Six Days:

- Socks & Underwear
- Swimsuit (guys – trunks // girls – one-pieces)
- T-Shirts
- Shorts
- Pajamas
- Pants / Sweatshirt (for if it gets chilly at camp)
- Sandals AND closed-toed shoes
- Raincoat / Poncho (rain is not uncommon at camp, being prepared with rain gear can be helpful)
- Old clothes / old closed-toed shoes to get dirty in for daily Rec

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Packing List Cont.



Optional / Encouraged:

- Hat for Sun Protection
- Small Backpack for carrying personal items around camp
- Plastic garbage bag for dirty clothing
- \$60 recommended spending money
- Corresponding Color Team Gear: During the week, we will have team competitions where campers will compete on their assigned color teams. Team spirit is an exciting part of these competitions, so we encourage campers to wear their team's color! We will email you your camper's assigned color.
- If your child is bringing medication or supplements, please send them in their original containers.*

Please Leave the Following Items at Home:

- Drugs (unless prescribed by a doctor*)
- alcohol
- tobacco
- fireworks
- firearms
- electronic devices

*Prescribed Medications, Vitamins & Supplements: These will be collected and dispensed by the camp health center. We consider any vitamin, supplement, or over-the-counter therapy that is taken to treat a condition or maintain health to be a "medication". We are not able to give a medication that we cannot identify and dose from the original container. Sending medication in anything other than the original container may result in the camper not receiving it. **Hume SoCal provides a wide variety of over-the-counter

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Packing List Cont.



Full list of Over-The-Counter medications provided by Hume:

Respiratory:

- Nasal Decongestant Spray (Afrin)
- Flonase Nasal Spray
- Saline Sinus Rinse Antihistamines:
- Benadryl 12.5mg Liquid
- Benadryl PO 25mg
- Benedryl Children's Chewable
- Dye-Free Benadryl Suspension
- Cetirizine Children's (Zyrtec) Cetirizine 10mg
- Fexofenadine Hcl Children's Dissolvable (Allegra)
- Fexofenadine Hcl (Allegra)180mg
- Loratadine Children's (Claritin)
- Loratadine (Claritin)10mg

Analgesics:

- Acetaminophen Children's Chewable
- Acetaminophen Liquid Child/Infant 160mg/5ml
- Acetaminophen 325 mg
- Acetaminophen 500 mg
- Aspirin 81mg Chewable
- Excedrin Migraine
- Ibuprofen Children's Chewable
- Ibuprofen Children's Liquid 100mg/5ml
- Ibuprofen Infant 50mg/1.25mL
- Ibuprofen 200mg
- Icy Hot Cream
- Icy Hot Patch
- Lidocaine Patch
- Naproxen (Alleve)

Ear/Nose/Throat:

- Phenylephrine 10mg
- Guifenesin
- Cough Decongestant Adult (Acet 325,
- Guaif 200, Dextr 15, Phen 5)
- "Dayquil" and "Nyquil"
- Sudafed
- Robitussin DM Adult
- Chloraseptic spray
- Cough Medicine Children's (Delsym)
- Sudafed Children's 2.5mg/5mL
- Robitussin DM Children's
- Mucinex Children

Eyes:

- Allergy eye drops (Zaditor)
- Eye Wash
- Lubricating ointment
- Clear Eyes
- Refresh eye drops

Skin:

- Diaper Rash Cream
- Preparation H cream
- Hemorrhoid ointment
- Monistat 1 Day 1200mg
- Monistat 3 Day
- Clotrimazole antifungal
- Hydrocortisone Cream Tube
- Hydrocortisone cream 1% packets
- Bacitracin tube

Stomach

- Calcium Carbonate (Tums)
- Simethicon
- Mylanta/Maalox
- Famotidine or Pantoprazole
- Kaopectate
- Lactaid
- Loperamide
- Biscadyl PO 5mg
- Ducosate Sodium (Colace) 100 mg PO

Stomach

- Sting Relief
- Tecnu Scrub
- Burn Gel
- Bactine
- Bacitracin packets
- Lice Shampoo
- Solarcaine
- Calamine lotion
- Vaseline

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