

What to Bring

Yes

Modest Swim Suit and clothing
Warm and cool weather clothing
Rain Jacket
Extra Shoes for running
Sleeping Bag & Pillow
Towel & Toiletries
Bible (if you have one, if not, we have one for you)
\$15 for spending money at the Canteen
FRIENDS!
Acknowledgement of Risk and Medical Release

NO

Fireworks
Electronics (Phones, ipads, ipods)
Alcohol, Weapons, Tobacco, illegal drugs
Clothing with inappropriate messages or pictures