

# WHAT-TO-BRING CHECKLIST

- \_\_\_ Bible
- \_\_\_ Sleeping bag or bedroll, including blankets and sheets
- \_\_\_ Pillow
- \_\_\_ Swimsuit and Towel for swimming
- \_\_\_ Sunscreen
- \_\_\_ Insect Repellent (non-aerosol 10-30% DEET recommended)
- \_\_\_ At least 1 pair underwear and socks for each day of camp. Extras are highly recommended.
- \_\_\_ Pajamas or other comfortable clothing for sleep
- \_\_\_ Heavy weight and light weight shirts (remember, this is Ohio)
- \_\_\_ 3 to 4 pairs of jeans and/or shorts. Nylon pants/shorts are good for canoeing.
- \_\_\_ Two pairs of comfortable shoes, one of which is old and can get wet and muddy (flip-flops **DO NOT COUNT**)
- \_\_\_ Warm jacket, sweatshirt, raincoat or poncho (rain doesn't stop us!)
- \_\_\_ Personal items: Towel, washcloth, soap, toothbrush & paste, plastic cup, shampoo/conditioner deodorant, flip-flops for the shower (**CANNOT** wear during regular camp activities) etc.
- \_\_\_ Water bottle
- \_\_\_ Flashlight and extra batteries
- \_\_\_ Laundry bag (for dirty clothes)
- \_\_\_ Optional: Camera, sunglasses, hat, boots, pencil, and tablet
- \_\_\_ Medications if applicable.
- \_\_\_ Cantina Money (\$10 suggested)
- \_\_\_ White T-Shirt for tie-dying



**All medications, including over the counter medications, must be given to designated staff member.  
All medications must be in their original containers.**



**DO NOT BRING:** Pets, knives, CD players, computer games, iPods, radios, cell phones, sandals, halter tops, pop, candy, gum or snack foods. (Snacks will be provided)

**FIREWORKS, ALCOHOL, AND TOBACCO PRODUCTS ARE ILLEGAL FOR ALL CAMPERS**

**CAMP FREDERICK IS NOT LIABLE FOR ANY LOST OR BROKEN ITEMS**