



# PACKING LIST for SUMMER CAMP!

## OUTPOST EXPEDITION

### What to bring:

- o Swimsuit (one-piece/tankini for girls, midriff must be covered, no tight swimsuits for boys ie speedos)
- o Swimsuit Cover-up (Clothing must be worn over swimsuits when not at waterfront)
- o Beach towel
- o Sunscreen
- o Bug spray
- o Running shoes **and** flip flops/sandals
- o Water/Swim shoes – these need to have a strap or **stay securely on your feet!**
- o Outfit for River Rafting (optional). It can be colder on the river and many prefer to wear a t-shirt or sunshirt.
- o Sweatshirt
- o Bible (if you have one)
- o Pen/pencil
- o Personal hygiene items (**toothbrush**, toothpaste, shampoo, soap, etc.)
- o Towel/Washcloth
- o Clothing for warm days
- o Clothing for cool nights & **rain**
- o Clothes OK to get dirty!
- o Sleeping bag/Sheets/Blanket (remember – **2 nights will be in a tent up north**)
- o Ground mat, like a thermarest, or other single person inflatable mat. Inflatable mattresses larger than single person cannot be used, as we have limited space in our tents.
- o Rain gear
- o Ziplock bags for things like notebooks, bible, or other personal items to keep them from potential wetness if it rains.
- o Pillow
- o Sleepwear/PJs
- o Prescription and Non-Prescription Medication (**in original containers, please!**)
- o An extra bag to leave at camp when we go up north. (to store dirty laundry, etc)
- o Hammock (optional)
- o Water Bottle (optional)
- o Money for Snack Shack, SON-Life t-shirts & gear to be turned in at check-in

### What NOT to bring:

- o Snacks. Due to allergies we request that campers not bring food into cabins. If you feel the need to send a snack it must be given to the health officer or kitchen.
- o Phone (not even to be used as a camera, clock, or alarm)
- o iPad, Smart watches, AirPods or any other electronics
- o Cigarettes, vapes, Juul, legal and illegal drugs
- o Guns, knives, or weapons of any sort
- o Fireworks

***We reserve the right to search camper belongings if staff has a strong suspicion of items that aren't supposed to be at camp are in a camper's possession.***

**If you have any questions, feel free to get in touch with us!  
We'd love to help answer anything that comes to mind.**