

Packing List

This list is not season specific, so not all items may apply.

This list is not necessarily exhaustive or imperative.

Clothes

Shirts/sweaters
Shorts/pants/belt
Jacket/Coat
Shoes/Socks/Boots
Gloves/Hat
Undergarments
Swimming attire
(boxer style shorts
for guys and modest,
one piece suits for
girls)

Bedding - NOTE:

Pillow
Sleeping Bag
OR
Blankets and sheets

*(Check with your
Group Leader to
confirm bedding.
Some events have
linens and towels
provided by
Refreshing Mountain,
and some events do
not).*

Health

Towels/Washcloths
Soap/Shampoo/Conditioner
Toothbrush
Hairbrush/Hair
products/Hair Dryer
Prescriptions/Vitamins
First Aid
Lotion
Glasses/Contacts/Solution
Feminine Hygiene

Miscellaneous

Bible/Notebook/Pen
Spending Money
Games
Sports Equipment
Camera
Musical Instrument

What to Leave At Home

Prohibited

Illegal drugs
Alcohol
Smoking
Weapons
Firearms (authentic or imitation)
Fireworks
Skateboards
Pets
Pranks

Discouraged

Electronics in general (radios/cd players/etc).
Cell phones (for campers)