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**RESIDENT CAMPER WHAT TO BRING TO CAMP**

We hope that you are as excited about camp at John Knox Ranch as we are! We have a terrific staff and tons of fun activities waiting for you. Be prepared to play hard, make lots of new friends, learn about yourself and God, and HAVE FUN!

**Please bring the following: Please label all items.**

* Prescription medications you need at camp (must be entered on your Ultra Camp account), must be in original prescription container with label, in plastic baggie with camper’s name written on it. **All medications (over the counter and prescription, including Melatonin) must be turned in to nurse upon arrival.**
* Enough clean clothes for your camp stay- things you don’t mind getting dirty
* Modest active wear Swim-suits (2) One can dry while you wear the other
* Closed-toe shoes (like sneakers)- **no flip flops!**
* Water shoes to protect feet from sharp rocks in the river or blue hole
* Athletic Sandals with a heel strap i.e. Chacos or Tevas (optional)
* Hat
* Dirty Clothes Bag
* Silly Costume/Outfit/Dress Up Clothes for a fun dance party with no theme. Anything fun will do!
* Toiletries
* Two towels (swim towel and shower towel)
* Rain Gear
* Easy to carry water bottle with camper name. Campers will carry water bottles at all times
* Fan (battery operated personal or clip on)
* Headlamp or Flashlight with batteries
* Sleeping bag for camp out night. (Middle school camps and older only).
* Sleeping bag OR sheets, pillow, blanket for twin mattress
* Sunscreen and insect repellent
* Stationery and stamps to write home (please pre-address envelopes)
* 100% white cotton t-shirt for Tie-Dyeing (one week or longer sessions)

(FYI: You will be sleeping in a bunk bed with a plastic-covered mattress. You can make this a very comfortable sleeping situation by bringing a mattress pad or a cotton blanket to put on your mattress first, and then sheets and a light blanket or a sleeping bag).

**Please leave the following at home:**

Electronic Devices/ Cell Phones Nicotine products, drugs, alcohol

Fireworks/ firearms/ weapons Food of ANY kind

Pets Personal sports equipment

Flip-flop’s

**John Knox Ranch and its staff are not liable for any lost or damaged items. Please write your campers name on everything you send.**

If you have any questions or concerns, please contact the Office Manager, Lori Bruns

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