



# Conference Packing List

[www.SoundViewCamp.com](http://www.SoundViewCamp.com)

## Suggested Packing for a Weekend of Onsite Camp

### Required - All Sessions

- **Sound View Health Form** - Completed and Signed
- **Camper's Medications** in original containers (to be administered by camp's first aid staff or your youth leader)
- **Sleeping Bag**, down or synthetic insulation recommended
- **Personals**: toothbrush, tooth paste, comb/brush, shampoo, soap, feminine hygiene products (if necessary)
- **Towels** (2)
- **Footwear #1**: sneakers or hiking shoes
- **Footwear #2**: extra pair of sneakers, hiking shoes, or sturdy sandals
- **Jacket** or windbreaker
- **Heavy Shirt**, sweater, sweatshirt or insulated jacket - wool or synthetic recommended

### Good Things to Have

- **Pillow and Pillow Case**
- **Flashlight** or Headlamp, batteries
- **Insect Repellent**
- **Bible**, Old and New Testament, preferably in an easy to read translation
- **Writing Kit**, pen, pencil, journal, notebook
- **Plastic Garbage Bags**, for everything you need to keep dry or separate
- **Camera**, probably a cheap one...
- **Musical Instrument**, if you enjoy playing
- **Sunscreen**
- **Sports Equipment**, show it at check-in in case special storage is required.
- Write your name on everything!

### Additional Clothing

With all clothing items remember to think camp! Old, durable clothes that are easy to move and relax in are best... new and fancy clothes will probably not be new or fancy when/if they get home!

- **Underclothes** (2-4 sets at least)
- **Socks** (2-4 pairs at least)
- **T-Shirts** or Tank Tops
- **Shorts** if appropriate season
- **Long pants** (2+ pairs)
- **Extra Heavy Shirt**, sweater, sweatshirt or insulated jacket
- **Rainy Day outfit**
- **Swim Suit**, modest, covering most of the torso for girls, no speedos for the boys
- **Warm Pajamas**
- **Shower Sandals**

### Please Do Not Bring

- **New, Nice or Fragile Clothes**
- **Fireworks**
- **Firearms**
- **Weapons** of any kind
- **Valuables**, jewelry, etc.
- **Money**, there is no camp store, food and snacks will be provided
- **Electronics**, MP3 players, cell phones, music players, video games, etc.
- **Pets**
- **Alcohol** or controlled substances

**For More Info: (253)884-9202 or [www.SoundViewCamp.com](http://www.SoundViewCamp.com)**