

☐ Sleeping bag or bedding & a pillow
☐ Bible, notebook, and a pen or pencil
☐ Water bottle
□ Towels
$\square$ Soap, shampoo, toothbrush and toothpaste
☐ Tennis shoes
□ Pajamas
☐ Flashlight and batteries
□ Hat
☐ Swim trunks & beach towel
☐ Insect repellent
□ Sunscreen
☐ Long pants and short pants
□ T-shirts
☐ Sweatshirt or jacket
□ Socks and underwear
☐ Plenty of clothes for being on the mat and wrestling shoes (Suggested: 7-9 Shirts, shorts, and socks)
$\hfill\square$ Money for crafts, snacks and stuff (\$5-\$20 is a good range - Crafts are \$1, most candy bars are \$1.25, and
there are also other things at the camp store like t-shirts, water bottles, and sunglass that cost a little more
Optional Extra Stuff:
□ Camera
□ Hammock
$\square$ A twin fitted sheet is always nice to have to have under your bedding
☐ Dirty laundry bag
$\square$ Any prescription medication in a zip lock bag with camper's name on it and instructions for camp nurse