**Lutheran Valley Retreat**

**Woodland Park, CO 80866-9042**

**Summer Camp**

**Things To Bring**

**What NOT to bring:**

* Cell Phones (They don’t work anyway)
* knives, guns, fireworks
* tablets, gaming devices, iPods, computers
* blow dryers, curling irons, straighteners

We understand cell phones, tablets, and iPods can be cameras, alarms, and clocks. However, because of the gaming nature of most cell phones, tablets, and iPods we ask that these are not a part of the packing list

* Bible & Pencil or Pen
* Towel & Washcloth
* Sleeping Bag or Bedding (At least 30 degree)
* Soap & Shampoo
* Pillow in a pillowcase
* Toothbrush & Toothpaste
* Clothing for Sleeping
* Comb or Brush
* Pants (2 pair)
* Sandals (to walk to the shower)
* Shorts (at least 1 per day)
* Chapstick & Sunscreen
* Tissues
* Camera
* Sturdy Shoes (at least 1 pair will get dirty)
* Shirts (at least 1 per day)
* Flashlight with NEW Batteries
* Underwear & Socks (at least 1 pair a day)
* Canteen or Water Bottle
* Jacket or sweatshirt
* Rain Jacket or waterproof outer shell
* Day Pack with two shoulder straps
* Hat or Cap
* Sunglasses

**Back Packing Additional Items:**

**Optional items for add-on sign up**

* Climbing Shoes
* Extra water bottles
* 2 or 3 night backpack
* Harness (proof of year purchased required)
* Bike (must have proof of tune up 10 days prior to camp starting)
* Own Helmet (we will have one you can use if you don’t have one)

**\*If the specialty camp/add-on is provided with additional items then there are no additional items required.**

* Bandana
* 2-3 additional water bottles
* Quick-dry clothing
* Wool blend socks

**\*Provided by LVR or participant:**

* Multi night backpack w/ waist strap
* Sleeping pad
* Food and cooking supplies
* Gallon sized zip lock bags

**Horse Care Additional Items:**

o Work boots or cowboy boots

o 1 pair of pants per day

**The Camp Store**

While at Lutheran Valley Retreat you will have the opportunity to use the Camp Store. At the Camp Store

you will be able to purchase snacks and drinks at $1.00 each. There are also Shirts, Sweatshirts, Hats, Water Bottles, and much, much more. Items are priced from $3 up to $40.