



Camp MoVal Packing List

Camp can be rough on clothes and gear. Items that are older and less expensive are recommended.

Please send a **WATER BOTTLE** with your camper with their name written on it. There **will not be any available to purchase**.

We ask campers to **wear sturdy shoes with closed-toes and closed-heels at all times**. This is to avoid cuts & slivers in the feet and ankle injuries. Regular shoes also make playing and hiking safer and more enjoyable.

Clothing should be appropriate for a church camp - modest in fit and without hurtful words or messages. (For example: nothing violent, racist, sexist, negative, or that promotes drugs, alcohol or sexual behavior).

****Helpful tip: If you wonder, Is this allowed? Don't pack it.**

WHAT TO LEAVE HOME

- valuable or breakable items including jewelry & expensive clothing
- **cell phones**
- any electronic devices -iPods, Switch, Gameboys, PSPs, etc.
- laser pointers, fidget spinners, toys, pokemon cards, etc.
- sandals, flimsy or platform shoes
- tobacco products, vape products, cannabis products, alcohol or any illegal substances
- candy, gum, food items
- guns, knives or any type of weapon including pocket knives

This is not an exhaustive list; use your best judgement. **Items on the "Do Not Bring" list will be collected and held until the end of the week.**

LOST & FOUND IS A CONSTANT CONCERN FOR CAMP STAFF. PLEASE HELP US.

1. Label everything, including dirty clothes bags, with the camper's full last name. Even duffel bags and suitcases have a tendency to get scrambled, so they need to be labeled too.
2. Sleeping bags should be rolled tightly and secured with a sturdy tie or belt. Stuff bags are great.
3. Items on the "Do Not Bring" list will be collected and held till the end of the week.
4. The Missouri Mid-South Conference is not responsible for lost, stolen or damaged items.
5. Every camper will carry, care for and be responsible for their own gear



Camp Packing List



clothing & accessories	✓
Underwear (7+)	
Socks (7+)	
Bra/Sports bra (4+)	
Light pajamas/sleepwear (2)	
Tops (7+)	
Shorts (7+)	
Long sleeve shirt/jacket (1-2)	
Jeans/long pants (1-2)	
Sturdy shoes (2 pair)	
Flip flops (shower/pool use only) 1	
Rain jacket/poncho (1)	
Swimsuit (modest) (1-2)	
MISCELLANEOUS	✓
Dirty clothes bag	
Bug Spray	
Water Bottle	
Any Medications	
Lip balm	
Sun hat	

toiletries	✓
Toothbrush	
Toothpaste	
Soap	
Deodorant	
Shampoo	
Conditioner	
Hair Brush	
Sunscreen	
Hair ties/Headband	
Bath towel (2)	
Beach towel (1-2)	
Washcloth (2)	
Feminine hygiene products	
Bedding	✓
Pillow	
Sleeping bag	
Sheet set	