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**ADVENTURE CAMPER WHAT TO BRING TO CAMP**

We hope that you are as excited about Adventure 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 nature, yourself and God, and HAVE FUN!

**Please bring the following:**

* 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.**
* A trunk or other container for clothes and personal items (should be somewhat weather proof)
* Enough clean clothes for your camp stay and an extra set - things you don’t mind getting dirty
* Modest active wear Swim-suits (2) One can dry while you wear the other
* Closed-toe shoes with good support - **no flip flops or crocs!** - you will be hiking
* 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
* Easy to carry water bottle. Campers will carry water bottles at all times
* Small backpack to carry daily needs
* Small Fan (**battery operated** personal or clip on) (Optional)
* Sunscreen and insect repellent (Lots will be used)
* Stationery and stamps to write home (please pre-address envelopes)
* Fishing gear (Optional)
* Blanket and pillow for Hammock
* Sleeping Bag
* Hat & sunglasses
* Toiletries
* Two towels (swim towel and shower towel)
* Rain Gear
* Headlamp or Flashlight with batteries

(FYI: We will provide a hammock for you to sleep in and take home with you! Even in the hot summer, breezy nights can make hammocks a cool place to sleep, so a light blanket or sleeping bag for warmth is needed).

**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.**

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