



# Sound View Camp And Retreat Center

For more information, please visit [www.soundviewcamp.com](http://www.soundviewcamp.com)  
or call the office at 253-884-9202

## THINGS TO BRING:

- Camper's medication in **original containers**. Must be given to the camp nurse.
- Sleeping Bag
- Toothbrush / Toothpaste
- Comb / Hairbrush
- Shampoo (plastic bottle)
- Soap and a container to keep it in
- Towel (for shower)
- Towel (for beach)
- Sunscreen
- Flashlight or headlamp
- Extra batteries for flashlight or headlamp
- Feminine hygiene products (if necessary)

optional

- Insect repellent
- Bible
- Pen or pencil
- Journal or notebook
- Envelopes (pre-addressed and pre-stamped)
- Plastic garbage bag (to bring home wet things and dirty laundry)
- Camera (cheap or disposable)
- Musical instrument. (We LOVE ukuleles at Sound View!)

## CLOTHING:

- T-shirts and tank tops
- Shorts (preferably NOT lightweight cotton)
- Long pants (some camp activities require them)
- Underwear
- Socks
- Extra-Heavy shirt, sweater, or sweatshirt.
- Rainy day outfit
- Swimsuit (Practical and functional for swimming, boating, and other beach activities)
- Water shoes or aqua socks
- Sneakers or hiking shoes (some camp activities require them to be worn)
- Warm Pajamas
- Extra pair of shoes or sandals (you never know)
- Shower sandals

## EXPEDITION CAMPERS SHOULD ALSO BRING:

- Extra sunscreen
- Sun glasses
- Light sweatpants - your legs and feet are prone to sunburn when paddling.
- Hat with brim
- Extra towel
- Your own bike helmet if you have one
- Large duffle bag (big enough for sleeping bag and two changes of clothes)

## THINGS NOT TO BRING

- New, nice, or fragile clothes
- Fireworks or weapons of any kind
- Personal sports equipment
- Pets or any other animal
- Valuables, jewelry, etc.
- Money (all food, snacks, and t-shirts are included in the cost of camp)
- Cell phones, electronics, music players, video game systems, etc. These are a big distraction and the staff **WILL** take them away and lock them up in the office. Take the challenge - be unplugged.
- Alcohol or drugs (other than prescription)

## PACKING TIPS

- Make sure the camper is involved in the packing process, so they know what they have for the week and where it is packed!
- Write the camper's name name on everything.
- **Remember comfortable and practical.** New, fancy clothes will not remain that way during camp.