

- □ Sleeping bag or bedding & a pillow
- □ Bible, notebook, and a pen or pencil
- □ Water bottle
- □ Towels
- □ Soap, shampoo, toothbrush and toothpaste
- □ Tennis shoes
- 🗆 Pajamas
- □ Flashlight and batteries
- 🗆 Hat
- □ Swim trunks & beach towel
- □ Insect repellent
- □ Suntan lotion
- \Box Long pants and short pants
- □ T-shirts
- $\hfill\square$ Sweatshirt or jacket
- □ Socks and underwear
- □ Plenty of clothes for being on the mat and wrestling shoes

□ Money for crafts, snacks and stuff (\$5-\$20 is a good range - Crafts are \$1, most candy bars are \$1, 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
- \Box Dirty laundry bag
- □ Any prescription medication in a zip lock bag with camper's name on it and instructions for camp nurse