

# High Adventure Packing List 2017

👉 All Items should be marked with you name 👈

## **Clothing** (Label All)

These items must fit in one bag please

- Pajamas- modest (see shirts and shorts descriptions)
- Underwear- new ones for everyday and maybe extra
- A pair of pants (workout leggings are ok. Just make sure you can't see through them)
- Shorts (top of knee cap. No short shorts, running shorts)
- Shirts (modest- no midriiffs, half shirts, tank tops. Stomach should not show when arms are stretched up.)
- Swimsuit (modest. Tankinis are ok, it needs to cover your stomach. You can have a pair of swimming shorts or running shorts ONLY for the pool)
- Beach Towel
- shoes
- Sweatshirt
- Hat/Bandana

**BRING A SACK DINNER FOR RIDE TO CAMPGROUND.**

## **General Accessories**

- Small daypack that will hold:
  - Scriptures
  - Journal
  - Flashlight and extra batteries
  - First-aid kit
  - Water container (canteen/plastic water bottle)
  - Sunscreen
- Mess kit for breakfast/lunch/dinner**

## **Bedding** (Label All)

- Sleeping Bag/bedroll
- Foam pad, air mattress or thick blanket to be used under sleeping bag (helps with warmth)
- Extra blanket for warmth (it gets cold at night)
- Pillow
- Large plastic garbage bag to transport bedding.

**LEAVE VALUABLES AT HOME!**

Everything should fit in one duffle bag besides the bedding. Do Not Forget your Bathing Suit and Towel!

## **Personal Items**

- Medications **Bring a letter for the nurse about any new medications needed or health conditions not included on original registration forms.**
- Feminine needs
- Toothbrush, toothpaste, floss
- Small soap/baby wipes
- Small shampoo and conditioner
- Deodorant
- Insect repellent
- Sunscreen (You cannot go to pool without sunscreen on)
- wash cloth and towel-beach towel
- Comb/brush, hair ties
- Chapstick
- Face wash/Lotion