



## PACKING LIST for SUMMER CAMP!

### Overnight Camps: Jr Escape, Primary, Discovery, Teen Extreme

**Please label clothes and personal items. Note: We like to have fun and clothes might get stained or dirty. Please do not send anything that your camper would be sad if it gets ruined.**

#### What to bring:

- o Swimsuit (one-piece/tankini for girls, midriff must be covered, no tight swimsuits for boys ie speedos)
- o Swimsuit Cover-up (Clothing must be worn over swimsuits when not at waterfront)
- o Beach towel
- o Sunscreen
- o Bug spray
- o Running shoes **and** flip flops/sandals
- o Sweatshirt
- o Bible (if you have one)
- o Pen/pencil
- o Personal hygiene items (**toothbrush**, toothpaste, shampoo, soap, etc.)
- o Towel/Washcloth
- o Clothing for warm days
- o Clothing for cool nights & rain
- o Sleeping bag/Sheets/Blanket
- o Pillow
- o Sleepwear/PJs
- o Prescription and Non-Prescription Medication (**in original containers**)
- o Stationary, envelopes, stamps (optional)
- o Theme night outfit: Animals (optional)
- o Hammock (optional)
- o Water bottle (optional)
- o Money for Snack Shack, SON-Life t-shirts & gear to be turned in at check-in

#### What NOT to bring:

- o Snacks. Due to allergies we request that campers not bring food into cabins. If you feel the need to send a snack it must be given to the health officer or kitchen.
- o Phone (not even to be used as a camera, clock, or alarm)
- o iPad, Smart watches, **AirPods** or any other electronics
- o Cigarettes, vapes, Juul, legal and illegal drugs
- o Guns, knives, or weapons of any sort
- o Fireworks

***We reserve the right to search camper belongings if staff has a strong suspicion of items that aren't supposed to be at camp are in a camper's possession.***

**If you have any questions, feel free to get in touch with us!  
We'd love to help answer anything that comes to mind.**