

# What should I Bring to CAMP??

## Personal Items

- bedding: sleeping bag/bedroll/twin size sheets, and pillow
- soap
- toothpaste, toothbrush, mouth wash
- deodorant
- grooming must-haves
- Q-tips
- towel, wash cloth (*Best to bring extra!*)

*If ya want... rubber ducky, AXE body spray, etc.*

## What to Wear

**\*\* Weather appropriate clothing \*\***

- extra clothes to get dirty - JUST in case!
- swimwear: if participating in water rec.
  - \*Ladies, one-piece swimsuits. *Cover-up must be worn over two-piece.*
  - \*Guys, swim SHORTS.
- pj's
- extra socks and under garments
- flip flops, comfortable tennis shoes
- hat, sunglasses

## Anything Else?

**\*\* Bible \*\***

- notebook/journal, pen, worship materials
- alarm clock
- flashlight, camera
- ear plugs (*in case your neighbor snores*)
- nose plugs (*for waterfront activities is encouraged*)
- seasonal jacket
- sunscreen, bug spray
- medications (*and copy of insurance card for summer camp only*)
- money (*for gift shop or concession stand*)
- Don't forget your forms to participate in activities!

*If ya need 'em... teddy bear or G.I. Joes!*

## Discouraged

- cell phones (*not a good signal out here anyway*)
- expensive personal belongings
- iPod/MP3 player

## REMINDERS...



- At this time, Latham Springs is not equipped with a laundry room for the public.

- During Retreat Season, Latham Springs does not have a nurse in the First Aid station.

**\*\* MOTEL ONLY...**

Linens are provided (towels and sheets) in the **motel only**. Guests in cabins must provide their own linens. Thank you.