

# YOUNG WOMEN GENERAL PACK LIST

Label everything with name, ward, & year. All clothing and toiletries must fit into one easy-to-carry duffel, which will be loaded into a trailer the night before camp. A small daypack should be brought with you in your car on the first day of camp. \*In June the nights will likely be quite cold!\*

## ITEMS FOR THE GEAR TRAILER

### Clothing

- ☐ T-shirts that protect the torso and shoulders from high-altitude sunburn
- ☐ Pants: 1 pair or more
- ☐ Shorts: long enough to provide protection from the boulders at camp
- ☐ Socks
- ☐ Beanie and gloves for campfire
- ☐ Underwear
- ☐ Athletic shoes / hiking boots. *No Vans, Converse, Crocs or Teva-style shoes. Camp is very rocky.*
- ☐ Flip flops for shower only
- ☐ Sweatshirt / jacket
- ☐ Warm pajamas or sweats
- ☐ Sporty swimsuit suitable for water sports

### Personal Items

- ☐ Hairbrush/comb/hair bands
- ☐ Shampoo/conditioner/ body wash
- ☐ Toothbrush/toothpaste
- ☐ 2 towels (1 bathing/1 waterfront)
- ☐ Washcloth
- ☐ Kleenex
- ☐ Hand sanitizer
- ☐ Sanitary napkins/tampons (the altitude can change your cycle so be prepared even if it's not your week).
- ☐ Chapstick with sunscreen
- ☐ Sunscreen
- ☐ Insect Repellent

### Bedding

Put all bedding in a large black plastic garbage bag. Label with name, ward, and year.

- ☐ Warm sleeping bag
- ☐ Sleeping Pad
- ☐ Extra blanket for chilly nights
- ☐ Pillow
- ☐ Garbage bag to bring bedding home

### General/ Misc.

- ☐ Bag for dirty clothes
- ☐ Poncho
- ☐ Watch
- ☐ Flashlight/extra batteries
- ☐ Full set of scriptures. No electronic scriptures.
- ☐ *Recommended* - Sunglasses/Hat/Bandanna/Visor
- ☐ *Recommended* - Thermal top/bottom
- ☐ *Optional* - Stationary/Stamps/Pens to write letters.
- ☐ *Optional* - Camera (No smartphones allowed for Young Women)
- ☐ *Optional* - earplugs

## ITEMS TO BRING IN THE CAR WITH YOU

- ☐ Day Pack with
  - o Sack lunch for first day
  - o Reusable water bottles (2)
  - o Journal & pen/scriptures (if not packed in duffel)

**Do Not Bring** - Hair dryers, curling/straightening irons, money, non-church reading materials, phones, smart watches, or other electronics except for digital cameras (smartphones as cameras are not allowed).

**Medications** - Check in all prescription and over-the-counter medication with medical personnel during luggage drop. All medications must be in the original labeled container, with the [medication form](#) in a ziploc bag.