No Food or Medicines in Cabins. Any medicines should be provided to the Camp Leaders at check-in and will be distributed as prescribed. **Packing List** Refillable Water Bottle Flashlight **Bug Spray** Sun Screen **Bathing Suit** 2- Towels - One for Shower, One for Swimming Toiletries – Toothpaste, Toothbrush, deodorant, floss, soap, shampoo Portable Fan (There are outlets in the cabins) Extension Cord (6-8 feet) Headphones, chargers for electronic device Scriptures – pre downloaded – no cell service at camp – Paper Scriptures Shirts, shorts or pants, underwear, socks and shoes – 4 days, 3 nights Band-aids, Neosporin) *We will have a First Aid station/kit Hat(s) (optional) Musical Instrument (optional) Writing Materials – Journal, Letter, envelope, Composition Notebook for classes (pen or pencils) Sleeping Bag/Blanket/Sheets **Pillow** Air mattress and pump (optional)

*Additional running gear for morning runs (optional)

Young Men will be sleeping on cots in cabins. Showers & bathrooms are available on-site.