



What do we bring to ABC at Chapel Rock?

Parents/Caregivers:

- Reusable water bottle
- Toiletries
- Casual lightweight clothes
- Jacket or sweater for evenings
- Comfortable closed-toe shoes
- Medications
- Bug Repellant
- Sunscreen
- Hat
- Flashlight
- Hair dryer
- Cell phone and charger
- Full size soap *[if you don't want to use a hotel size]*
- Snacks *[if you want more than what may be at hospitality time or if you have special dietary needs.]*
- Bible

- Book of Common Prayer
- Personal Devotional Books
- Journal
- Pens/Pencils

Campers:

- Reusable water bottle
- Sleeping bag or sheets and blanket
- Pillow
- Favorite stuffed animal or comfort object
- Towel, washcloth, soap, shampoo, toothbrush, toothpaste, comb, sunscreen
- Clothing for 4 days: rugged play clothes are best, long pants and shorts, socks, underwear, pajamas/sleepwear, jacket or sweatshirt, closed-toed shoes.

- Swimsuit, flip flops or sandals

What not to bring:

- All electronic devices: cell phones, iPods, electronic games, radios
- Alcohol or other drugs, cigarettes, extra food (food in the cabins attracts critters; adults can bring snacks)
- Firearms, knives, or other weapons of any kind, fireworks