

Suttle Lake ADVENTURE Camp

** items are optional*

*** items marked are specific to Mid-High Adventure Camp*

CLOTHING:

- ❖ Several Changes of Clothing
(Layers work best as the temperature may vary throughout the day and week.)
- ❖ Comfortable walking shoes or athletic shoes
(At least two pairs. Closed toed shoes (****required for rafting**) are best for the terrain found at camp and our adventures.)
- ❖ ****Quick drying thermal layers (non-cotton), including light weight jacket and rain pants, to wear while rafting (fleece, polypropylene, nylon, etc.)**
- ❖ Swimsuit & Towel (A one-piece suit is recommended for girls. You might want two towels.)
- ❖ Closed-toe Shoes that can be worn for water activities.
(Aqua socks, old tennis shoes, sandals with no exposed toes, **NO FLIP FLOPS**)
- ❖ Light Jacket or Sweater or Sweatshirts
- ❖ ****A waterproof and/or wind-proof jacket (A cheap emergency poncho will work wonderfully.)**
- ❖ ****Brimmed Hat**
- ❖ Pajamas/Sleepwear

BEDDING & TOILETRY ITEMS:

- ❖ Sleeping Bag
- ❖ Pillow
- ❖ Towel & Wash cloth
- ❖ Toilet articles such as: soap, toothbrush, shampoo etc.
- ❖ *A way to hold back long hair

OTHER:

- ❖ A positive attitude
- ❖ Notebook & Pen/Pencil
- ❖ **Flashlight with extra batteries**
- ❖ **Water bottle for use around camp or on hikes**
- ❖ **Sunscreen**
- ❖ ****Sunglasses (a safety string for ALL glasses, so they don't fall off if dropped)**
- ❖ *Chapstick
- ❖ *Camera (a disposal is recommended over any expensive model; leaders will be taking lots of pictures and will share them on Facebook)
- ❖ ****Day pack/fanny pack**
- ❖ All medications must be in **original** bottles or packaging and referenced on the health form.
(Please keep them where you can easily get them out for registering upon arrival at camp.)

Camping is a way of life! Don't bring electronic devices, iPods, MP3 players, notebook computers, or handheld games to camp. In children & youth camps, cell phones will be collected and returned at the end of camp.

A note about the "Camp Store": Souvenirs and snacks are available at the camp store. The store is open during check-in & pickup time and may be available during the week for older campers. In children & youth camps, money will be deposited into designated store accounts for individual campers.