

WHAT TO BRING



All items apply to campers, parents, and sponsors attending camp.

CLOTHING

GIRLS



- Modest shirts that cover the shoulders (no low, spaghetti-strap, or midriff-showing shirts or shirts with writing or pictures that are contrary to biblical principles)
- Walking or athletic-style shorts that extend to the top of the kneecap
- Knee-length skirts, dresses, and shorts are appropriate for evening services.
- Modest swimsuit that covers the midriff
- T-shirt to wear over swimsuit (*required* when surfing on the FlowRider)
- Clothing should be loose-fitting enough to allow for gathering an inch of fabric on either side of the garment without stretching the material.

Note: No pants, jeans, capri pants, or short shorts. Wind/athletic pants are permitted for ice skating and paintball and *required* to rock climb (facilities provided to change at these activities).

GUYS



- Shirts (no cutoff sleeves or shirts with writing or pictures that are contrary to biblical principles)
- Shorts that extend to the top of the kneecap
- Casual pants, wind/athletic pants and jeans (jeans or wind/athletic pants *required* to rock climb)
- Swim trunks (trunk-style only)
- Clothing should be loose-fitting enough to allow for gathering an inch of fabric on either side of the garment without stretching the material.

Note: Jewelry other than a chain, watch, or rings should not be worn.

Don't Forget: Bring tennis shoes, flip-flops or water shoes (for the water park, Sports Center, and West Campus), a jacket/sweater for ice skating, socks, and sleepwear.

Teen Extreme Youth Camp/Youth Outreach Ministry reserves the right to ask anyone to change his or her clothing if, in the opinion of the staff, it does not comply with these expectations.

BEDDING & OTHER ITEMS

- Medicine
 - All routine or as-needed prescription medications must be kept and administered by the camp nurse, and upon request, the camp nurse can also keep/administer any over-the-counter medications, vitamins/supplements, or essential oils your camper brings. An Authorization for Administration of Medication form is required for any medications, vitamins/supplements, or essential oils that will be kept by the camp nurse.
 - Medications should be in the original containers and placed in a clear, resealable bag with the camper's name clearly noted.
- Pillow
- Sleeping bag or twin sheets and blanket
- Towels and washcloths
- Laundry bag
- Toiletries (hand soap, shampoo and conditioner, toothpaste, body wash, etc.)
- Umbrella or rain jacket
- Sunscreen
- Water bottle
- Spending money (For additional activity costs, visit: teenextremecamp.com/Info/Activities.aspx.)
- Bible
- Notebook and pen

Note: Campers are permitted to bring cell phones; however, we encourage these to be used for communication purposes only.

WHAT NOT TO BRING

- Weapons of any kind such as guns, tasers, stun guns, knives (3" or smaller pocketknives allowed), or pepper spray
- Hazardous items such as combustible fluids, lighters, candles, candle warmers, incense, or fireworks
- Tobacco products (including chewing tobacco, e-cigarettes, and other vaping devices), alcoholic beverages, and any illegal drugs
- Entertainment items such as televisions, gaming consoles, computers, laptops, tablets, DVDs, movies, headphones, or ear buds
- Items with divisive symbols

