

# 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 (no short shorts), loose-fitting jeans, slacks, or capris
- Modest swimsuit that covers the midriff (T-shirt to wear over swimsuit is *required* when surfing on the FlowRider.)

**Note:** Clothing should be loose-fitting and appropriate. Classy, casual dress is encouraged for evening services. Pants are *required* to rock climb.

### 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, or jeans (jeans or wind/athletic pants *required* to rock climb)
- Swim trunks (trunk-style only)

**Note:** Clothing should be loose-fitting and appropriate. Classy, casual dress is encouraged for evening services. 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](http://teenextremecamp.com/Info/Activities.aspx).)
- Bible
- Notebook and pen

**Note:** Campers are permitted to bring cell phones; however, we encourage campers to leave cell phones at home for a distraction-free week.

## 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, laser pointers, 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
- Yoga/spandex pants



a YOUTH OUTREACH MINISTRY camp