

WHAT TO BRING



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

CLOTHING

Clothing should be loose-fitting enough to allow for gathering an inch of fabric on either side of the garment without stretching the material. Clothing should be appropriate and well-kept without tears or holes. For evening services, classy casual wear is encouraged, but athletic wear is discouraged.

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 (jeans or wind/athletic pants *required* to rock climb)
- Modest swimsuit that covers the midriff (T-shirt to wear over swimsuit is *required* when surfing on the FlowRider.)

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)
- Jewelry should not be worn (other than a chain, watch, or rings)

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 (except albuterol rescue inhalers, epinephrine auto-injectors/nasal sprays, or insulin pumps) 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
- Tennis shoes, socks, flip-flops/water shoes (for the water park, Sports Center, and West Campus)
- Jacket/sweater for ice skating
- Sleepwear
- Spending money (For additional activity costs, visit teenextremecamp.com/activities.)
- 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 (including toy 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, or any illegal drugs
- Entertainment items such as televisions, gaming consoles, computers, laptops, tablets, DVDs, movies, headphones, or earbuds
- Items with divisive symbols
- Yoga/spandex/pajama pants for use outside the residence halls



a YOUTH OUTREACH MINISTRY camp