



## **Rock Lake Christian Assembly**

### **Pack List – Young Women’s Wilderness Camp**

Pack all items in a duffle bag or a backpack. The best size is approximately 12”x18”x30”. Suitcases do not work well for this type of camping. If they are used, they will be placed outside of the tent under a tarp. If it rains, they are likely to get wet. Please do not over pack. Please **do not send aerosols**. The ingredients in aerosols will damage the tents.

The following is a list of the basic items you will want to bring to camp:

- Bible
- Mission Money
- Pencil/Pen
- Paper/Writing Pad
- Flashlight with new batteries and an extra set of batteries
- Sleeping Bag
- Extra Blanket
- Pillow
- Small Camp Mattress designed for Sleeping Bags - The sleeping platform is a sand base.
- Swim Suit (Please refer to the dress code.)
- Towels for showering and swimming (one for each)
- Toiletry Items - toothbrush, toothpaste, soap, shampoo – best if packed in zip bag
- Socks
- Underwear
- Shoes - They will get dirty and wet, so don’t send good ones. No flip-flops or backless shoes can be worn at the campsite - only at the waterfront and showers.
- Old clothes - One complete set per day. Bring both warm weather and cool weather clothing.
- Warm Jacket / Sweatshirt
- One Pair of Jeans / Sweatpants
- Rain Poncho / Rain Coat
- Water Shoes for swimming, optional
- Bug Wipes or Lotion (not Spray)
- Sun Screen (no sprays)
- Camera
- A Bag for Dirty Clothes
- Water Bottle
- Bandana
- Pocket Knife for Whittling

We highly suggest that you pack all of your gear in zip type bags, placing each day’s change of clothing in its own bag. This helps keep clothing dry in the damp environment. Label everything.

*Please do not bring the following: Tablets, Hand-held Games, Radio, Candy, Knife (other than a pocket knife), Fireworks. Campers are expected to follow the cell phone policy established for their camp, addressed at the opening session.*

***Personal medications / nutritional supplements / herbals must be in original container and will be given to the Health Officer with appropriate instructions during the Check-In process.***