

WHAT SHOULD I BRING TO CAMP?

If you have any questions about what is/what is not acceptable, please call the Retreat Office at 724-935-5470.

Please label all belongings to be sure that they return home with your participant.

Clothing

- 8-10 t-shirts/tanks for everyday wear
- 1-2 long sleeved t-shirts
- 1 sweatshirt
- 1 raincoat
- 2-3 comfortable bras
- 6-10 pairs of underwear
- 3-4 pairs of shorts (depending on the weather)
- 1-2 pairs of jeans
- 2-3 pairs of socks
- 3 pairs of pajamas

Shoes

- 1 pair of sturdy tennis shoes
- 1 pair of flip flops/water shoes for pool & shower

Bedding

- Sleeping bag or 1-2 blankets
- Fitted sheet (twin/twin XL)
- Pillow & pillowcase

Swimming

- Swimsuit
- 2 beach towels

Bath/Toiletry Items

- 2 bath towels
- 1 washcloth/pouf
- Shampoo & conditioner
- Body wash/ soap/ face wash
- Deodorant
- Bug spray
- Sun block
- Hair dryer/ hair products/ hair ties
- Brush/ comb
- Toothbrush/ toothpaste
- Contact lens supplies/ glasses
- Lotion
- Feminine sanitary products

Other

- Sunglasses
- Hat/ baseball cap
- Water bottle
- Books
- Laundry Bag

Important

We recommend only bringing clothing/items to camps that can become dirty/ruined. Camp may lead to dirty, paint covered, or otherwise broken, ripped or ruined clothing/items. Do NOT bring expensive items such as jewelry, iPods, cell phones, or other keepsakes to camp. Do NOT bring any pets, weapons, explosives, alcohol, or illegal drugs to camp. This list is not meant to be all- inclusive.

Electronics are for communication ONLY unless cleared by management.