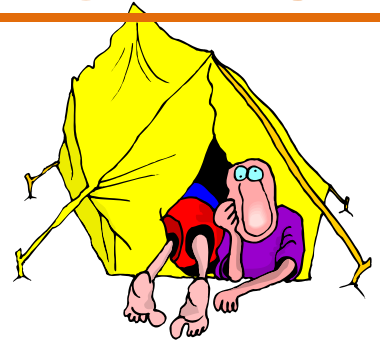


WHAT-TO-BRING CHECKLIST

All Campers

- Bible
- Sleeping bag or bedroll and/or blankets and sheets
- Pillow
- One piece swimsuit or tankini
- Sunscreen
- Insect Repellent
- One towel for the pool and a second towel for showers
- At least 1 pair underwear and socks for each day of camp. Extras are highly recommended.
- Pajamas or other comfortable clothing for sleep
- Heavy weight and light weight shirts
- 3 to 4 pairs of jeans and/or shorts. Nylon pants/shorts are good for canoeing.
- 1-2 pairs of comfortable shoes for activities around camp (must have a back to them no flip flops)
- Creek Stomping/water shoes (old sneakers, sandals with heel strap, etc., **flip-flops DO NOT COUNT**)
- Warm jacket, sweatshirt, raincoat or poncho (rain doesn't stop us!)
- Personal items: Towel, washcloth, soap, toothbrush & paste, plastic cup, shampoo/conditioner deodorant, flip-flops for the shower (**CANNOT** wear during regular camp activities) etc.
- Water bottle (we need to stay hydrated)
- Flashlight and extra batteries
- Laundry bag (for dirty clothes)
- Optional: Camera, sunglasses, hat, boots, pencil, and tablet
- Medications in original container if applicable.
- Cantina Money (\$10 suggested)
- White T-Shirt for tie-dying



Ultimate Challenge Camp

- Sturdy Boots for caving (Laurel Caverns requires boots)



All medications, including over the counter medications, must be given to designated staff member. All medications must be in their original containers.

DO NOT BRING: Pets, knives or any weapons, fireworks, computer games, iPods, radios, cell phones, personal sports equipment (unless permission is given by camp director), halter tops, pop, candy, gum or snack foods.

FIREWORKS, ALCOHOL, ILLEGAL DRUGS, AND TOBACCO PRODUCTS ARE PROHIBITED

CAMP FREDERICK IS NOT LIABLE FOR ANY LOST OR BROKEN ITEMS