

# Adventure Days Camp Out

July 13<sup>th</sup> – July 14<sup>th</sup>, 2016

Wednesday Drop off at 2:00pm - Thursday Pick up at 12:00pm

## Participant Supply List

- Sunscreen
- Bug spray
- Personal Items & Toiletries
  - Toothbrush
  - Toothpaste
  - Medications
  - Eye Glasses/Contact stuff
  - Hair brush
- Clothing
  - Warm Gear
    - Non-cotton top
    - Long underwear
    - Fleece jacket
  - Rain Jacket/pants
  - Change of clothing
  - Underwear
- Hiking boots
- Towel
- Pillow
- Outdoor sports gear (Frisbee, Football etc.)
- Flashlight/ Headlamp
- Sunglasses
- Hat
- Warm Clothes (Sweatshirt, sweatpants, extra socks, long underwear)
- Water bottle
- Sleeping bag (if you have one) please let us know if need one!
- Sleeping Pad (if you have one) please let us know if need one!
- Tent - if you are coming as a group or would like to use your own – otherwise we will provide tents.
- Backpack/bag for all personal items