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WHAT TO BRING TO HOLSTON CAMP CHECKLIST

*These are suggestions only. Your camper may not need all items. Please realize that the temperatures do drop to the 50s in June and July at night and rain is likely. Campers will get wet, dirty, and sweaty so a change of clothing for 6 days and 5 nights is strongly recommended. **Bold Items are strongly recommended.***

BEDDING: Campers who will be located in Main Camp cabins may choose sheets or a sleeping bag. Explorer campers will need a sleeping bag for a campout during the week. Campers who will be in our Rustic Cabins should bring a sleeping bag. Campers backpacking overnight should bring a "lightweight" sleeping bag. See "Additional Checklist for Adventure Camps" below.

- Twin size sheets or sleeping bag by preference
- Blanket
- Pillow
- Lightweight sleeping bag for adventure campers (AT backpacking)

Note: *Even if your camper is housed in one of our main camp cabins for the week, they will need a sleeping bag for overnight camp-outs.*

SWIMMING:

- Modest swimsuit (one-piece preferred for females)
- Sunscreen
- Towel for swimming

FOOTWEAR:

- 1 pair for water activity-old tennis shoes are great. Tevas and Chacos are good choices. Shoes will get wet and muddy during creek explorations and waterfront activities.
- 1 pair closed-toe shoes for rock climbing, zip lines, and walking. Prefer lightweight hiking or athletic shoes with good support and traction.
- 1 pair shower shoes (optional)

For campers doing longer trail hikes on the AT, a good pair of hiking shoes and socks are strongly recommended.

CLOTHING (don't send clothes that you don't want to get stained)

- Short and long pants
- T-shirts (No halters, tube tops, cutoff tops or midriiffs. Please avoid provocative slogans of advertisements.)
- Long sleeved shirt (Temperatures can drop into the 50s in June & July at our elevation of 4,000 feet)
- Underwear

Socks REQUIRED FOR AT HIKERS

Light jacket, sweatshirt, sweater, hoodie (it gets cool at night)

Rain poncho or jacket REQUIRED FOR AT HIKERS

Sleepwear

TOILETRIES (in a convenient container)

Shampoo, brush, comb, toothbrush, toothpaste, etc.

Soap in a soap box or baggie, (small bottled liquid body wash is handy)

Female sanitary protection

Stick deodorant (please no aerosol)

Towel(s) for bathing

Solution for contact lens if necessary

ADDITIONAL ITEMS:

Refillable water bottle

A lightweight backpack for carrying water bottle, repellent, sunblock, towel, etc.

Flashlight and extra batteries (a "headlight" is especially handy)

Non-aerosol insect repellent

Bible, notebook, pencils

OPTIONAL:

Disposable or digital camera (no cell phones)

Musical instrument (non-electric)

Stationery, stamps or self-addressed stamped postcards (for a letter home)

Laundry bag (as if...)

White T-Shirt to Tie-Dye

Crazy Garb for Dance Night

WITH THE DELIBERATE INTENTION TO "UNPLUG" CAMPERS, WE REQUEST THAT CAMPERS DO NOT BRING CELL PHONES, GAMING DEVICES, TABLETS, NOOKS, KINDLES, MP3 PLAYERS, HAIR DRYERS, ETC. TO CAMP. WE HOPE CAMPERS UNDERSTAND THE PURPOSE OF UNPLUGGING IS TO BE MORE CONSCIOUS AND AWARE OF THEIR CAMP COMMUNITY AND ENVIRONMENT, AS WELL AS THEM BEING AVAILABLE TO HEAR THE VOICE OF GOD.

MAIN CAMP VS. RUSTIC CAMP: "WHAT'S THE DIFFERENCE?"

Main Camp is comprised of 5 heated, block cabins each sleeping 16 in bunks. Each cabin has 2 lavatories, 2 private toilets and 2 private tub/showers. Main Camp cabins are located near the Dining Hall, Camp Store, and Worship Point. Campers may be housed in Bell's Bungalow or Grigsby Dorm. *During Classic Adventure at Main Camp, Bob's Hideaway or Rocky Knob may be used for older campers depending on the enrollment. These are primitive campsites.*

Rustic Camp is comprised of 5 primitive campsites. Each campsite has 2 open air, screened in cabins that sleep 8. (Some cabins have bunks while other have Eno hammocks.) Each Rustic campsite has a cook shelter, picnic tables, sink with water, wood fire grill, utensils, campfire circle. Rustic Campers use the Rustic bathhouse.

ADDITIONAL CHECKLIST

OVERNIGHT BACKPACKING:

Camp provides: Backpacks, safety equipment, cook stoves, water purification needs, meals.

You provide: Lightweight sleeping bag, sleeping mat, hiking shoes (must be broken in before camp); hiking socks (2 pair), suitable hiking apparel (quick dry fabric is best), head cover, flashlight/headlight with new batteries, 32 oz. water bottle, hooded poncho or rain suit.

OVERNIGHT CANOE:

Camp provides: Canoes, personal flotation device (PFD), safety equipment, cook stoves, water purification needs, meals.

You provide: Lightweight sleeping bag, sleeping mat, sun screen, water shoes such as Tevas, Chacos, or old tennis shoes (no flip flops!), quick dry apparel, head cover, flashlight/headlight with new batteries, 32 oz. water bottle, hooded poncho or rain suit.