

Mentoring Camp: Camper Gear List

- ? pair of warm comfortable shoes or boots (hiking boots if you have them)
- ? e xtra pair of old shoes for the cave (they will get wet and muddy)
- ? enough clothes to last your stay (plan for changes in the weather)
- ? warm sweatshirt or jacket (nights can be cold on the mountain, even in summer)
- ? sleeping bag
- ? twin fitted sheet
- ? water bottle
- ? toothbrush and toothpaste
- ? hairbrush
- ? shampoo
- ? soap
- ? towel
- ? pillow (if you want one)
- ? at least three extra pairs of socks
- ? camera (optional)
- ? flashlight with working batteries (essential)
- ? rain gear (if you have it, but no umbrellas)
- ? sunscreen (you'll spend a lot of time outdoors)
- ? bug repellent

What to Leave at Home

- ABSOLUTELY NO CELL PHONES
- Tobacco products
- Non-prescribed medication (all medications must be marked w/ doctor's orders & turned in at registration)
- Walkman, gameboy or other electronic device
- Hairdryer or curling iron