

PACKING SUGGESTIONS

As you prepare for camp, we would like to make the following suggestions to make your experience more enjoyable.

Luggage

- Tag all pieces of luggage, sleeping bag, pillow with name, street address and town.

Packing List

- Bedding (sheets, blankets, pillow, sleeping bag)
- Personal Care Items - towel, washcloth, shampoo, soap (deodorant, toothbrush, toothpaste, feminine protection)
- Swimsuit, cover up and an extra towel
- Durable shoes - campers are asked to always wear shoes outside to protect feet from cuts and bruises. NOTE: Some paths are gravel/rock.
- Closed-toe shoes (if horseback riding)
- Casual wear (appropriate attire - t-shirts (best), shorts, jeans). Most camp sessions will be held in air-conditioned buildings.
- Sweater, sweatshirt or jacket
- One dressy outfit for the banquet (dress, skirt, nice slacks, dress shirt).
- Flashlight
- Insect repellent, sunscreen
- Watch, phones
- Contacts, contact solution, second pair of glasses

Items to consider

- Pens, pencils, notebook paper, highlighter
- Book-bag (for camp folder, handouts)
- Plastic sack (for dirty/wet clothes)
- Umbrella or raincoat
- Water Bottle, container

Prescription Medicine

For campers taking medications: All medications should come to camp in their original containers (DO NOT SEND loose pills in a plastic bag, pills in a weekly pill organizer or medications not prescribed to the student). Have labeled medications available to show camp nurse at check in.

Money

Campers are discouraged from bringing a large amount of money to camp.

Note: Campers will have three opportunities (all optional) for needing/using money

1. Donation to the Vinson Scholarship Fund
2. Purchase of KAY Items (t-shirts, folders, lapel pin, book bags)
3. Rock Springs Concession Stand (soft drinks, snacks, ice cream, candy)

Please Do Not Bring

- computers, video games, valuable items
- clothes with inappropriate designs or verbage

Appropriate attire is expected for all campers!
Dress like a leader!

