



## LUTHERAN MEMORIAL CAMP SUGGESTED CLOTHING/EQUIPMENT LIST SUMMER

### BEDDING:

\_\_\_\_\_ Sleeping Bag      \_\_\_\_\_ Pillow      \_\_\_\_\_ Sheets/Blanket

\*All groups may sleep outside at least one night during the session.

### PERSONAL ITEMS:

\_\_\_\_\_ Brush/Comb      \_\_\_\_\_ Towels (beach and shower)      \_\_\_\_\_ Sunscreen  
\_\_\_\_\_ Toiletries (toothbrush, toothpaste, deodorant, soap, shampoo)  
\_\_\_\_\_ Insect repellent (lotion please)  
\_\_\_\_\_ Medication (Turn into Health Center in original labeled container  
with name and instructions) Includes over the counter medications.  
\_\_\_\_\_ Health form (if not already mailed in) *Must be signed by parent or guardian*

### CLOTHING:

_____ Sleepwear/Pajamas	_____ Rain Poncho
_____ At least 2 pairs of shoes	_____ 2-3 pairs jeans
_____ At least 4 pairs of socks	_____ 4-5 shorts
_____ 1-2 Sweatshirts/Sweaters	_____ Jacket
_____ long and short sleeve shirts	_____ Underwear
_____ Shower Shoes	_____ Boots

### GENERAL ITEMS:

_____ Bible	_____ Book
_____ Notebook/Pen/Pencil	_____ Garbage Bags
_____ Water Bottle (may be available at Camp Store)	(for wet/dirty clothes)
_____ Money if you want to purchase items	_____ Disposable Camera
from the store Sunday or Friday	_____ Sunglasses
_____ Hat	_____ Swimsuit (no "thong" suits)
_____ Flashlight/New Batteries	

### PLEASE DO NOT BRING:

_____ Knives/Guns/Weapons/Explosives	_____ Valuables
_____ Radios/Tapes/CD players/Cell phones/Pagers	_____ Pets of any kind
_____ Aerosol Hair Spray /scented hair/body products (attracts insects!)	
_____ Food/Candy (attracts animals!)	_____ Drugs and alcohol