



Life Teen Summer Camps Packing List

- two pairs of clothes to get messy (we recommend athletic shorts, a non-white t-shirt, and shoes that will stay on your feet while running)
- clothing that is comfortable and appropriate
- 6 days worth of athletic/casual clothes for daily outdoor activities (t-shirts, shorts, etc)
- sweatshirt/light jacket for cooler mornings/evenings
- one piece bathing suit/swimming trunks (ladies will need to wear shorts over swim suit)
- toiletries (shampoo, conditioner, soap, toothbrush, toothpaste, deodorant, etc)
- towels (2 recommended: 1 for shower, 1 for swimming/lake time)
- twin-size sheets/blanket/pillow or sleeping bag/pillow
- money/cards/gift cards for snacks and apparel at the Outpost and crafts at the Art Barn (suggested amount \$20-\$25 per camper)
- bug repellent
- sunscreen
- flashlights
- water bottle
- sunglasses and/or hat
- rain jacket/poncho
- Bible
- journal and pen
- one pair closed-toe tennis shoes for climbing
- one pair of sandals or slides for showering

Guidelines for Modesty:

At Life Teen Summer Camps we encourage all campers to respect their own bodies and those of others. We require all campers and adults to adhere to our modesty guidelines. Below are the rules for the sake of comfort, safety and modesty.

- No short shorts- All shorts must cover your thighs. Many activities during camp involve bending, running, and sitting. If you place your hands at your sides, your shorts should be at least as long as your fingertips.
- No thin-strapped tank tops- Shirts must cover your chest and undergarments. "Bro tanks" with thicker straps are allowed as long as the chest cannot be seen through the open arm holes and undergarments are covered.
- No crop-tops- Please make sure your shirt covers your entire stomach and back while sitting and with your arms raised above your head.
- No tight pants- Please do not wear tights, leggings or any style of form-fitting work-out pants.
- Appropriate swim wear- Ladies swim attire is a one-piece bathing suit and shorts. If you wear a two-piece bathing suit you will be asked to wear a T-shirt as well. Mens swim attire is swim trunks- speedos are not allowed. If you place your hands at your sides, your swim trunks should be at least as long as your fingertips. These guidelines are for teens and adults and also apply for all messy clothes. Our staff will ask you to change if you are wearing something that violates the above guidelines.

WHAT NOT TO BRING: cell phones, iPad/tablets, computers, tobacco products, illegal drugs and alcohol, juuls or other vaping devices, weapons of any kind (including guns or knives), lighters, portable gaming devices