

YW Camp 2019 Supply List

Scriptures	Pajamas (see #3 below)	Modest swimsuit (see #1 below)
Journal and pen	Underwear, bras, socks	Swim cover-up/Oversized T-shirt
Sleeping bag or bed roll	Pocket First Aid kit	Hiking boots or sturdy tennis shoes
Foam Pad (for hard, wood bunk bed)	Canteen or Insulated water bottle	Sunscreen
Pillow	Deodorant	Insect repellent
Rain poncho	Soap	Whistle (hiking day)
2 pairs of shoes (flipflops are ok)	Necessary medications	Flashlight
Hat or bandanna-optional	Toothbrush and toothpaste	Personal Progress Book
Long & short sleeved shirts	Towel & washcloth	Work or yard gloves
Sweatshirt and warm jacket	Sanitary pads/tampons	
Pants/capris/shorts (see #2 below)	Towel for swimming	

Supplies for Mt. McLoughlin Hikers. MUST have each item below with you on the hike!

Small backpack/daypack	Lunch and Snacks (provided)	Insect repellent
Toilet paper	Hiking boots or sturdy tennis shoes	Pocket Knife (optional)
Moleskin	Hiking socks (no ankle socks)	Gloves
Pocket first aid kit	Hat or bandanna	Camera (optional)
Matches in waterproof case	Sunscreen	Sunglasses
Small flashlight	Necessary meds (Asthma Inhaler?)	25ft cord (kite string or paracord)
Extra Clothing (Lightweight Jacket)	Allergic reaction kit (if needed)	Compass/Map of Area
2-3 quarts of water	Emergency Blanket	whistle

Camp Dress Code:

1. Modest bathing suit- one-piece or tankini that does NOT show your tummy when your arms are raised.
2. **Follow the For the Strength of Youth pamphlet. Nothing too short, tight, or revealing.**
3. No tank tops, spaghetti straps, or tops showing cleavage or midriff.
4. All dress code standards apply for hike day and PAJAMAS as well!!!

