

# Danville Stake Young Women Camp Packing List

Please put your name and ward on all belongings

## Clothing:

2 pairs of tennis shoes (or 1 pair tennis/1 pair hiking)
1 old pair of shoes for swimming or water shoes
3-4 pairs pants (helpful for avoiding bug bites)
1 pair of shorts
1 pair of warm pajamas or sweats
5 shirts, including at least one with long sleeves
2 warm sweatshirts or jackets
daily change of underwear
daily change of socks
1 pair heavy socks for hiking
1 modest swimsuit/tankini (camp rules-no bare midriff)

## Camping Items:

1 very warm sleeping bag
1 warm coat for cold mornings/evenings
1 warm hat
thermals (optional)
Flashlight/headlamp with extra batteries
rain poncho or black garbage bag
pillow
extra/camp blanket
camping/foam pad (Level 3&4)
plastic bag for laundry

## Personal Items:

1 wash cloth
1 hand towel
1 bath/beach towel (1 of each if room)
personal hygiene products (nurse has some too)
deodorant
soap, shampoo, conditioner
toothpaste, toothbrush, floss
insect repellent, anti-itch cream
sunscreen, lip balm
brush or comb
sunglasses, hair ties/clips (optional)

## Other Items:

scriptures
journal, paper, pen/pencil
water bottle
bandana or hat
Band-aids (nurses will also have supplies)
moleskin, whistle
stationary and stamps (optional)
baby wipes or Kleenex type tissue (optional)
camera (optional)

### Levels 1-2

day backpack for hikes
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### Levels 3-4

see separate overnight backpacking list
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Any prescription medication needed (Bring in original prescription bottle and give to nurse at check-in)

Please do not bring phones, iPods, video games, CD players, alcohol or drugs of any kind, fireworks, weapons, open toe shoes, curling irons, straighteners, hair dryers, headsets/airpods or any other electrical equipment, candy, gum, money, jewelry, or anything else of value. Thank you!