

CAMP PACKING LIST

News Worthy

MIDWEST YOUTH CAMP

Each year hundreds of items are lost at camp. Please **label everything** and consider not sending expensive or irreplaceable items with your child.

WHAT TO BRING

- Sleeping bag and pillow
- Refillable water bottle
- Ten sets of clothes (some nice, mostly grubby!)
- Jeans and a sweatshirt (it gets chilly at night)
- Rain jacket (optional)
- Bathing suit (one-piece or tankini for the girls)
- Two or three towels (for the bath house and pool)
- At least two pairs of shoes
- Flip-flop sandals for the bathhouse (optional)
- Toiletries (shampoo, deodorant, toothpaste, etc.)
- Medications in original bottles
- Bug spray
- Sunscreen
- Bible, notebook, pens
- Drawstring bag to carry Bible, notebook, sunscreen, etc.
- Flashlight (optional)
- Inexpensive/disposable camera (optional)

WHAT NOT TO BRING

- Over-the-counter medications taken for occasional use (pain relievers, etc.). These are stocked in the Camp Health Office.
- Candy, food, gum, etc. (No food of any kind is allowed in cabins)
- Money
- Cellphone — Campers who bring a cellphone must turn it in at the designated time on Sunday.
- Electronics (game system, etc.)
- Expensive cameras

DRESS CODE

- Strapless tops, racerback tanks that expose undergarments, and spaghetti strap tops are not allowed at camp. Straps must be at least 2 fingers wide
- No crop tops, no exposed undergarments
- No short shorts (fingertip length +)
- No sagging bottoms by guys or girls
- Bra straps must be covered
- No see-through garments
- No clothing with profanity, drugs, etc.

MEDICATIONS

To review or edit the medications you listed during enrollment, please visit the parent dashboard or contact us at camp@chicagochurch.org.

Prescription Medications

- Send in original bottle/packaging that identifies your name, prescribing physician, name of drug, dosage and frequency

Daily Over-the-Counter Medications

- Over-the-counter medications taken on a regular schedule (daily allergy medications, etc.) should be sent with your camper in the original packaging.

Occasional Over-the-Counter Medications

- Over-the-counter medications taken for occasional use (pain relievers, etc.) are stocked in the Camp Health Office. Please do not send them with your camper.

For any questions or concerns please email camp@chicagochurch.org.