

Girls Adventure What To Bring Checklist:

- One pillow with pillow case
- Warm sleeping bag, good to 0° degrees Celsius (down or synthetic fill) with stuff sack (the bag the sleeping bag comes in)
- Personal toiletries (soap, shampoo, towel, toothbrush and paste, etc.)
- Durable and waterproof rain gear - ESSENTIAL as days are spent outside in rain or shine. Rainy days can be cold so keeping dry makes rain part of the adventure rather than an endurance challenge.
- Riding boots with a 1" heel (riding boots can be expensive so unless your daughter is an avid rider - meaning she will ride more than the one week at camp - rubber boots are a great alternative.)
- Rubber boots for rainy, muddy days (and/or riding if you choose)
- Running shoes or hiking boots for outside
- Inside shoes or slippers
- Comfortable camp clothes (a.k.a. not new! - shorts, jeans, t-shirts, long-sleeved shirts, etc.)
- Jeans for riding (2 pair minimum)
- Heavy sweater or fleece jacket
- Outside jacket for windy days and/or chilly evenings
- Laundry bag (plastic garbage bag is OK, but make sure it's labeled)
- Bathing suit and beach towel
- Sunscreen and optional pool shirt
- Sun hat, cowboy hat, or baseball cap (baseball caps are available for purchase at camp)
- Flashlight
- Mosquito repellent
- Bible (available for purchase at camp)
- Optional:* Camera and film (disposable cameras are available for purchase at camp)

Additional items for outtrip (campers will be sleeping outside in shelters for 1 night):

- Day pack (to carry water, lunch and jacket)
- Aqua shoes (Shoes that are light enough to carry in the day pack, can get wet and protect feet while in the water rafting, creek wading and pond swimming. Aqua shoes have a rubber bottom with nylon or neoprene tops.)
- Water bottle
- Non-breakable eating equipment (dish, cup, utensils)
- Gloves, warm hat, and warm set of clothes (Temperatures near the mountains can be cool in the evenings).
- Ground sheet (large heavy plastic sheet) which is big enough to go underneath a sleeping bag
- Sleeping pad (thermarest or blue pad - dense foam that will not absorb water)

Please label all clothing and equipment to help ensure that all of your camper's gear comes home again!