



## Glacier Camp- What To Bring To Camp- H2O Camp

### CLOTHING

- 7 Shirts or T-Shirts (Modest Clothing)
- 5+ pairs of shorts (Modest Clothing)
- 3 pairs of long pants or jeans
- 2 or 3 Swimsuits (Modest Swimsuit)
- Raincoat or poncho (It can snow in June in Montana)
- Jacket
- Sweatshirt(s)
- 4 pairs of shoes (hiking boots, sturdy shoes that tie, sturdy sandals, WATER SHOES & shower shoes)
- 8-10 pairs of Underwear
- Socks (Way more than you think you need)
- EXTRA SOCKS AND UNDERWEAR

### Bedding

- Sleeping bag
- Pillow

### Toiletries

- Washcloths
- 2 towels (Swim and Bath)
- Soap
- Shampoo
- Toothbrush and Toothpaste
- Deodorant- please
- Comb or brush
- LOTS SunScreen- plenty

### Equipment

- Flashlight with extra batteries
- Water Bottle
- Bible
- Insect repellent
- Notebook/ Journal
- Hats and Bandanas
- Sun Glasses**

### Health

- Prescription Medications in Original Packaging (Must be kept with camp nurse during camp)

## Extras and Options

- Camera

## Prohibited Items

- Knives, Axes, Weapons
- Drugs (Illegal)
- Alcohol
- Revealing Clothing
- Cell Phones

## Tips To Consider

- 1) Put your name on EVERYTHING!
- 2) If you would be upset if an item got lost or broken, don't bring it.
- 3) Open toed shoes or sandals are not appropriate for some areas of camp.
- 4) Be prepared for rain, including bringing an extra pair of shoes.
- 5) Try to pack everything in 1 pack, duffel or suitcase.
- 6) YOU WILL BE WET, A LOT. It's H2O Camp :)