

	Packing List	
	Bedding	Water Activities Gear
	Twin Sheets for beds	Swim Suit and Cover - up
	Mattress Pad for comfort	Sturdy Lake shoes for kayaking
	Pillow	Sandals, flip flops
	Warm bedding (blanket, quilt, sleeping bag)	Nylon jacket for kayaking (w/o cotton lining)
	Ear plugs, eye cover for sleeping	Sunglasses
	Personal flashlight and or electric light	Suntan screen lotion and aloe for sun burn care
	Alarm clock	Beach towel
	Extension cord	Beach chair (for sunning), float items
		Tote to carry items to dock
	Clothing (think layers)	Swim goggles, swim cap, fins
	Exercise wear, appropriate for indoors	Sun Hat
	Exercise wear, appropriate for outdoors	
	Normal camp clothing for warm days	Outdoor Gear
	Normal camp clothing for cool nights	Bug Repellent, Stop itch for bites
	“going to town” clothing for Free Day	Back or fanny pack (for toting items)
		Bike, lock and helmet- No bikes to use at camp
	Personal Care	Lawn Chair
	Hygiene items (soap, shampoo, etc.)	Jacket for warmth
	Tote carrier for hygiene items	Rain coat, umbrella
	Medication, Allergy care	Large size flashlight with batteries
	Bath Towel, Wash Cloth	
		Fitness Class Gear
	Special Extras	Mat or towel for floor exercises
	Inspirational materials to share at chapel	Water Bottle
	Group items to share: board game, cards, puzzle etc.	Hand weight set/s (recommend weight is anything between the 3 to 8 lb range)
	Money for Camp Store/free day/night out	
	Your Scarf from a prior year	Cabin or Lodge extras
	Journal and or books and magazines	Cabin: Cooler for water or pop
	2 extra bed sheets for massage	Cabin: Small Rug for bedside
	Camera and Film	Lodge: Small Rug for bathroom floors
	Perennial Plant for the Women’s Wellness	Both: Electric fan to cool on warm days
	Garden (optional)	Both: Container for storage of items
	Tap Shoes	Cabin: TV tray and reading light
	Camp Activity items I may want to bring	Other items:
	Note pad for Morning programs	Light-hearted book to exchange
	Binoculars for bird watching	Talent Items
	Clothing for Theme nights: Hat Day, Diva Night, Sports Apparel, Smiley t-shirt, Circus Outfits.	Items to donate-hygiene items, clothes, towels, etc.
	Past Women’s Wellness T-Shirts	Recipe to exchange
		Board Games