

## ***What to Bring to Teen Camp...***

This list is given as a guideline to assist in packing for the camper.  
Make certain that sufficient clothing is sent. There are no laundry facilities.

- 2 Pair of Closed-Toed Footwear (Boots, Sneakers)
- Pair Sandals / Water-shoes
- 5-8 Pair Socks
- 1 Modest Bathing Suit (no bare midriffs)
- 3-5 Shorts
- 3 Pants
- 5-7 Tee Shirts / Shirts
- 1 Pajamas
- 1 Raincoat/ poncho
- 2 Sweatshirt, Sweater, or Fleece. (Warm Layer)
- 5-8 Undergarments
- 2 Large Plastic Garbage Bag - (Dry & Wet laundry)
- 2 Towels (for swimming & for showers)
- 2 Wash Cloth
- 1 Bible
- Personal Items...
  - Toothbrush & Paste
  - Soap / Shampoo
  - Tissues
  - Pillow
  - Sleeping Bag
  - Extra Blanket (*Optional*)
  - Comb / Brush
  - Deodorant
  - Flashlight
  - Dark Clothes- *for Evening Activities*
  - 1 set of Clothes for Messy Games (cloths that **will** get messy)
  - Fishing Pole / Tackle (optional)

### ***Media & Technology Use @ Camp:***

Teen campers are allowed to use cell phones and/or media players during free time periods. However, **Rock Mountain recommends that these devices NOT be brought to camp.** The Program Director has the authority to deny this privilege and confiscate the device for the duration of the program if the use of a device goes against camp standards or policies.