

## Packing List for Island Camps

Campers should have a range of clothes for warm days and cool nights. The islanders are outside the whole week so adequate clothing is important for cold U.P. days, (check forecast for the week). All belongings should be marked with your child's name. This includes luggage, towels, and all personal items. You may want to include a check list of your child's belongings to aid in collecting all items.

Our island program is designed to provide campers with a back-to-basics experience. **Please do not pack any personal electronic devices (including cell phones), watches, candy or junk food. For safety reasons, please do not bring knives or other sharp objects, lighters, or matches.**

### Following items are recommended:

- \*\* completed health form (see below)
- \*\* required medications (see below)
- \*\* Bible, paper, and pencil
- \*\* pillow and bedding either sleeping bag or sheets/blanket
- \*\* warm jacket or sweater
- \*\* towel, washcloth, soap, and personal items
- \*\* several changes of clothing (not your best garb)
- \*\* swimsuit (modest in design) and towel
- \*\* water bottle (available at the canteen)
- \*\* shoes suitable for outdoor wear as well as water shoes, i.e. Teva style shoes or aqua socks or sandals that can be worn into the lake.

**NOTE:** Flip-flops are not adequate.

### Optional items:

- \*\* favorite hat
  - \*\* raingear
  - \*\* Flashlight with batteries
  - \*\* Camera
  - \*\* sun screen and insect repellent (non-aerosol)
  - \*\* \$15.00 - \$35.00 for camp clothing
  - \*\* \$15.00 - \$25.00 for mission project if desired
- (All money is banked in the camp store, any amount left is returned at the end of the week to the camper)

**HEALTH FORM:** The State of Michigan does not require a completed physical examination signed by a doctor or registered nurse. However, each camper will need to present an up-to-date health history prepared and signed by a parent or guardian.

**MEDICATIONS:** All medications must be in original containers; this includes over-the-counter drugs as well.