



# SALT Packing List

## ESSENTIALS

- Prescription Medication
- Pillow
- Sleeping Bag
- Underwear & Socks
- Shorts & T-shirts
- Long Pants & Long Sleeve Shirts
- Sweaters
- Pajamas
- Bathing Suit (one piece only)
- Jacket or a Raincoat
- Hat
- Beach Towel & Bathing Towel
- Running Shoes
- Reusable water bottle
- Bible, Notebook & Pen
- Bug Spray
- Sunscreen
- Flashlight
- Running Shoes

## TOILETRIES

- Toothbrush & Toothpaste
- Body Wash
- Shampoo & Conditioner
- Comb or Brush

## BONUS

- Clothes for themed meals (Copa Cabana, twin night)
- Outfit for fruit social (wacky dance)
- Fitted Sheet (single size for a camp bunk)
- Flip flops or sandals
- Board or card games
- Camping Items (backpack, sleeping mat, biodegradable soap/shampoo)
- Spending money for daytrips, days off

## DO NOT BRING

In order to make sure that you have a great time at camp, and for the safety of everyone, we ask that you do not bring food (unless in a sealed container so as not to attract wildlife to the cabins), weapons of any kind (including knives), drugs or alcohol (including vapes, cigarettes or anything of the kind).