

# Adventure Camp Packing List

## WHAT TO BRING:

### CLOTHING: *(take note of current weather forecast)*

- long pants (leggings & yoga pants not good for activities)
- long sleeved shirt and sweatshirt (as per weather)
- T shirts *(See list of what not to bring)*
- long athletic shorts *(See list of what not to bring)*
- underwear and socks
- water sandals or shoes that stay on your feet (for canoeing and swimming – *if you wear flip flops duct tape will be used to secure them to your feet*)
- Optional special clothing for night activities. (like hide & seek and a dance)*
- Hiking shoes/boots
- Hat or visor
- Raincoat or poncho
- swimsuit, towel, wash cloth (ONLY one piece swimsuits are allowed)
- Set of clothes for daily Mass (one set) [We have Sun. Mass & daily Mass.]

**LIMIT:** One duffle bag or suitcase per person. No larger than 50" (ie- 24"x 10"x 16")

*This does not include your sleeping bag & pillow*

### OTHER:

- Water Bottle
- Rosary and Bible *(If you have it)*
- notebook and pen or pencil
- soap, shampoo, other toiletries (extra contact lenses and a back-up pair of glasses)
- eye glasses strap (preferably sports strap)
- towel, washcloth
- daypack (back pack to place items for each day)
- If you bring food, it must be contained in no more than one gal. size zip lock bag
- sunblock, lip balm, sunglasses
- alarm clock, sleeping bag, pajamas and pillow
- extra spending money for camp shirts/caps/souvenirs, snacks.
- Plain white t-shirt (the camp offers tie die craft time)
- insect repellent (recommended high DEET concentration of 30–35%)
- flashlight, window fan
- leather gloves for rappelling *(consider donating a pair to camp)*
- Talent show items: bring along items needed to share your talent during the Wed. night show.

## **WHAT NOT TO BRING:**

- a bad attitude
- i-pods, cell phones, mp3 players, & other antisocial devices (you won't miss them)
- TOPS: NO tank tops, baby t-shirts, sleeveless shirts, spaghetti straps, low necklines (no more than 3 fingers below collarbone), bikini tops, clothes with offensive logos,
- BOTTOMS: NO mini-skirts, short-shorts (bottom should be 3" from knee when standing);
- NO leggings or yoga pants and all underclothing needs to remain under.
- anything illegal (cigarettes, liquor, explosives, narcotics)

# Adventure Camp

## Expectations for Campers

### MODESTY POLICY: VERY IMPORTANT!

Adventure Camp has very specific guidelines regarding modest dress. We ask that you strictly adhere to and enforce these policies. A helpful question for youth is asking them if their choice of clothing draws attention to their parts or to their whole being.

- NO shorts, skirts, or dresses that are shorter than 3 inches from the knee while standing.
- NO Shirts that reveal midriff, or are too low cut from the neck area.
- NO shirts, shorts, or pants that are too tight, drawing attention to the shape of the body.
- NO Pants or shorts that sag to the point where they reveal one's undergarments.
- NO Clothing with an anti-Christian message, crude language, promotion of alcohol or drug use, or suggestive material.
- All shirts must have sleeves.
- Males are expected to wear a shirt at all times they are not swimming, in their cabin, or in the bathhouse (shower).
- During all liturgies and prayers, every male – youth or adult – must remove any headwear. This includes all hats, visors, headbands, bandanas, etc. This is more out of respect than modesty.
- At such events where music is being played, many people often feel moved to dance. While we definitely encourage this at Adventure Camp, we feel it is necessary to remind you that no moves that appear tasteless and vulgar will be permitted.

### Scripture and Catechism references:

- **“Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with dignity of persons and their solidarity.”** – Catechism of the Catholic Church #2521
- **“Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity.”**  
– 1 Timothy 4:12
- **“All things are lawful to me but not all things are helpful. I will not be enslaved by anything... the body is not for immortality, but for the Lord; but the immoral man sins against his own body. Do you not know that you are temples of the Holy Spirit within you... so glorify God in your body.”**  
– 1 Corinthians 6: 11 –20.

### **Participation:**

- All Adventure Camp participants (youth & adults) are expected to be present at and participate in scheduled sessions & events. Your method of participation may vary from one situation to the next. Methods of participation include: doing an activity, encouraging others who are doing an activity, helping others to do an activity, listening to a speaker or another camper, sharing an experience or idea, singing, and praying. Participation does not mean separating yourself from the other members of your group. **Adults are expected to be with their group during sessions & events.**
- No “coupling” away from camp is allowed. We promote healthy relationships shared in the context of everyone.

### **Up-building Speech:**

- Participants are expected to use positive and up-building speech during Adventure Camp. Cursing, swearing, and other forms of foul and abusive language will not be permitted.
- **“No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear.”** – Ephesians 4:29

### **Miscellaneous:**

- **Food:** Food is provided at Adventure Camp for the entire week. Campers can bring other food items to snack on, however all food items stored in cabins must be in “resealable” bags or containers (Ziplocs) to avoid attracting animals.
- **Lights Out:** Lights out is at 11:00pm (unless otherwise stated). All campers are expected to be in their cabins after lights out, except for those attending Night Prayer who may be in the Chapel, but then must go directly to their cabins.