

BOOT CAMP PACKING LIST

BE PREPARED FOR RAIN.

Girls will have to walk from cabins to lodge so will at times be in the rain. Camp is rugged so there will be mud and we will still be having some outside activities.

- Medical release form (to stay with adult chaperones)
- Ritual
- Pen/paper or notebook (a folder will be provided)
- Medications/ Inhaler
- Camera (optional)
- Sleeping bag or sheets and heavy blankets (single bunks)
- Pillow (extra blanket-optional)
- Boots, tennis shoes, or closed toe shoes (more than one pair in case one gets muddy or wet)
- Shower items-towel, shampoo, soap (1 shower per 10 campers)
- Hair/skin care items- brush, hair ties, lotion, etc.
- Sanitary Napkin items

There will be a camp nurse with band aids etc.

- Any camouflage or military wear is encouraged (for fun to go with Boot Camp theme!)
- Jeans (if girls are wearing light cotton pants or stretchy pants make sure they will be warm enough)
- Sweatshirt or flannel shirt
- 1 t-shirt will be provided for Sat wear
- Other short or long sleeve t-shirts
- Bra, underwear
- Socks and EXTRA socks (for warmth and if they get wet)
- Jacket needed as it gets cool at night
- Rainwear
- Scarf/Hat
- If warm- Shorts, hat, sunscreen

*ENCOURAGE GIRLS TO BE PRESENT FOR THE WEEKEND IN MIND AND BODY

NO NEED FOR- Ipods/music, cell phone use (except for emergencies)
Girls should not be texting, checking internet or using phone during any lesson or meal times. Calls to parents are allowed. Bethel Chaperones will monitor cell phone issues.

Supreme visitors may have pins or t-shirts for sale. The Miss OR pins and GBHQ t-shirts and pins will be available for sale. The Grand Secretary will also have some supplies and rituals for sale. Other than that no extra money would be needed.