

Centers for Spiritual Living Winter Regional Camp

RECOMMENDED ITEMS TO BRING TO WINTER REGIONAL CAMP for Advisors and Teens.

The following list of recommended packing items is to insure your personal comfort during camp. Please bring only **one suitcase** or a duffel bag with your name on it. Remember you have to keep track of and carry your luggage at camp. There is no opportunity to purchase items at camp.

Recommended Items

- Sleeping bag and a pillow or a 2 blanket bedroll with sheet
- Comfortable, casual clothing appropriate to the season and desired comfort level – clothing you don't mind getting dirty
- Winter Coat, gloves, **extra socks and snow boots!**
- Tennis shoes or light hiking boots (open toed shoes are not recommended)
- Jacket or heavy sweater with a hood (for layering)
- Toiletry items – comb, shampoo, deodorant, soap in plastic container/plastic bag, **bath towel**, washcloths, toothbrush, toothpaste, small pkg facial tissue, chap stick, insect repellent, sun block and personal hygiene products
- Flashlight
- 1 plastic garbage bag for wet or dirty clothes
- Canteen or water bottle (refillable container to drink out of)

Optional Items

- Battery operated alarm clock (there is no wake-up call)
- Musical instruments, Music for **talent show, etc.**
- Camera
- 1 pair rubber thong sandals (for showering)
- Dance clothing (casual to very formal)

Note: All medications including over-the-counter medicines, **in original containers** should be placed in a plastic bag with your name on it with enclosed instructions. Medicines will be turned in to the medical staff at camp. Neither youth nor advisors will be allowed to keep any medications with the exception of inhalers for asthmatics.