

What to Bring:

Personal Items – PACK LIGHT ☺ It's only a week!

___ Medical Consent Form and Waiver of Liability Agreement

*Shasta clients must also complete the "Acknowledgement of Risk" form. Every participant from your group including adult leaders must have all these forms completed.

___ Sleeping bag, pillow, sleeping pad (you'll be sleeping on the roof)

___ Grubby clothes, warm clothes, swimsuit (LADIES – 1 PIECES ONLY!)

___ Tennis shoes/sandals - most hikes involve swimming – please bring shoes that can get wet and will stay attached to your foot in the water – i.e. Tevas

___ Toiletries – sun screen, bug repellent, lip balm, toothbrush, soap

___ Towel, sunglasses, camera, flashlight

___ Bible, notebook, pen

___ Cards/board games

___ \$\$\$ for Capt. Fun's goodies and camp T-shirt

___ Personal ski equipment (not necessary, but allowed).

Group Items

___ Recreation water equipment (floaties, rafts, balls, etc.)

___ A few beach or lawn chairs

___ Fishing poles, tackle box – limit 4 per group

___ Excitement/anticipation for an incredible week!!!

___ Personal re-fillable water bottles (encourages drinking water)

What not to Bring

___ Hard soled shoes/good clothes

___ Music that dishonors God, Ipod, cell phone, personal video games

___ Heavy Suitcases

___ Anything electronic (Blow dryers, coffee makers, etc.)

___ Any motorized water going vessel (jet ski, ski boats) unless prearranged

___ Children under the age of your campers unless prearranged

NECESSARY FORMS

___ Registration & Medical Consent Form

___ Release and Waiver of Liability and Indemnity Agreement Form

___ Acknowledgement of Risk Form (Shasta clients only)

Special Permission Form – Campers with disabilities must have the Special Permission Form completed and signed as well.

Students with an epileptic condition will be required to wear a life vest during all water activities.