

Essential Items

- twin sheets, pillow, blankets or sleeping bag
- towel and washcloth
- personal items (toothbrush, toothpaste, comb/brush, shampoo/conditioner, soap, etc.)
- flashlight and batteries
- 1 or 2 quart water bottle
- sleep wear
- windbreaker or light jacket
- sweater or sweatshirt
- shirts
- short, pants, skirts
- socks, underwear
- sturdy walking shoes

Optional Items

- musical instrument(s)
- cards, games (non-electronic games only)
- special clothes/costumes for dress up, dance, Coffee House, etc.
- day pack (light backpack with shoulder strap)
- sleeping bag or blanket
- raincoat or poncho
- props for Coffee House
- personal music player with headphones
- camera
- books
- laundry bag
- Prescription/Over-the-Counter Medications (must be given to Advisors before leaving for The Mountain)
- ...and extra items you may want

Do Not Bring the Following

- Non-prescription medicine
- First Aid supplies
- Handheld electronic games
- Weapons of any kind (slingshot, pocket knives, etc.
- Tobacco
- Illegal drugs
- Alcohol products