

# Suttle Lake ADVENTURE Camp

*\* items are optional,*

*\*\* items marked are specific to Mid-High Adventure Camp*

## CLOTHING:

- ❖ Several Changes of Clothing  
(*Layers work best as the temperature may vary throughout the day and week.*)
- ❖ Comfortable walking shoes or athletic shoes  
(*At least two pairs. Closed toed shoes are best for the terrain found at camp and our adventures.*)
- ❖ **\*\*Quick drying thermal layers (non-cotton), including light weight jacket and rain pants, to wear while rafting (fleece, poly-propylene, nylon, etc.)**
- ❖ Swimsuit & Towel (A one-piece suit is recommended for girls. You might want two towels.)
- ❖ Closed-toe Shoes that can be worn for water activities - an essential for rafting  
(*Aqua socks, old tennis shoes, sandals with no exposed toes, NO FLIP FLOPS*)
- ❖ Light Jacket or Sweater or Sweatshirts
- ❖ **\*\*A water-proof and/or wind-proof jacket (A cheap emergency poncho will work wonderfully.)**
- ❖ **\*\*Brimmed Hat**
- ❖ Pajamas/Sleepwear

## BEDDING & TOILETRY ITEMS:

- ❖ Sleeping Bag
- ❖ Pillow
- ❖ Towel & Wash cloth
- ❖ Toilet articles such as: soap, toothbrush, shampoo etc.
- ❖ \*A way to hold back long hair

## OTHER:

- ❖ A positive attitude
- ❖ Notebook & Pen/Pencil
- ❖ **Flashlight with extra batteries**
- ❖ **Water bottle for use around camp or on hikes**
- ❖ **Sunscreen**
- ❖ **\*\*Sunglasses (a safety string for ALL glasses, so they don't fall off if dropped)**
- ❖ \*Chapstick
- ❖ \*Camera (a disposal is recommended over any expensive model; leaders will be taking lots of pictures and will share them on facebook)
- ❖ **\*\*Day pack/fanny pack**
- ❖ All medications must be in **original** bottles or packaging and referenced on the health form.  
(*Please keep them where you can easily get them out for registering upon arrival at camp.*)

***Camping is a way of life! Don't bring electronic devices, iPods, MP3 players, notebook computers, or hand held games to camp. In children & youth camps, cell phones will be collected and returned at the end of camp.***

**A note about the "Camp Store":** Souvenirs and snacks are available at the camp store. The store is open during check-in & pickup time, and may be available during the week for older campers. In children & youth camps, money will be deposited into designated store accounts for individual campers.