



# What to Pack for Camp

We suggest you bring adequate amounts of the items listed below, to last five days. Please **label all belongings**. \*Required items

Health & Hygiene	x	Clothing	x	Shoes (3 pairs if possible)	x	Miscellaneous	x
Refillable water bottle* (no glass)		Socks*		1 pair of tennis shoes/sneakers*		Sleeping Bag or Sheets* (twin mattress)	
Toothbrush*		1 pair long pants* (for cold days)		1 pair of river/water shoes* (NO flip-flops)		Pillow & Blanket*	
Toothpaste*		Shorts* (see dress code)		1 pair of shower shoes* (CAN BE flip-flops)		4 towels* (3 for shower, 1 for swimming) 2 Washcloths*	
Soap*		Shirts* (see dress code)		Rain boots (optional)		Rosary and Bible (Both camps have some Bibles and rosaries available.)	
Comb/Brush*		Swimsuit* (see dress code)				Small Flashlight	
Deodorant*		Underwear*				Umbrella/Rain poncho	
Shampoo*		2 pair of modest Pajamas*				Watch ( <b>Required for staff only</b> )	
Sunscreen		1 Sweatshirt/ Light Jacket*				Personal fan with an extension cord (suggested only for Fredericktown Camp)	
Bug Spray						Halloween or Dress-Up costumes/items – to be used during skits NO MOCK WEAPONS	
Prescribed Medications in original bottles							



## What to Leave Home

Please leave the following items at home:

- Cell Phones – If brought to camp, they will be collected and returned on the last day of camp. There is no cell service at Camp St. Vincent and limited cell service in Conway.
- Cameras of any kind **are prohibited**
- Electronic equipment of any kind
- Knives/weapons
- Money
- **Food/Gum/Candy/drinks (other than water) of any kind–will be confiscated and not returned!** This is a health and safety issue. Food and drinks, even in sealed containers will attract insects, rodents, and other wildlife into the cabins. If you need to bring special foods due to allergies or other medical concerns, please bring the food to the camp directors or camp cook on the first day of camp for proper food storage.

**\*ALCOHOL, TOBACCO, VAPING AND MARIJUANA PRODUCTS ARE STRICTLY FORBIDDEN AT CAMP.**

IT IS ILLEGAL FOR ANYONE YOUNGER THAN 18 TO USE OR POSSESS TOBACCO or VAPING PRODUCTS. ACCORDING TO DIOCESAN SAFE ENVIRONMENT POLICIES, ADULTS AGE 18 AND OLDER MAY NOT USE TOBACCO, MARIJUANA, OR ALCOHOL PRODUCTS WHILE WORKING OR VOLUNTEERING WITH MINORS AT CAMP.

**\*LABEL ALL BELONGINGS!** CAMP RE-NEW-ALL ASSUMES NO RESPONSIBILITY FOR THE LOSS OR DAMAGE OF BELONGINGS, INCLUDING MUSICAL INSTRUMENTS.