

**ROCK ON Adventure Ministries
Personal Clothing/Equipment List
Adventure Week**

Minimum Clothing- Label your stuff!

- | | |
|---|---|
| <input type="checkbox"/> Socks and Undergarments to last 5 days | <input type="checkbox"/> Shorts for 5 days |
| <input type="checkbox"/> Sweat shirt/fleece | <input type="checkbox"/> Tennis Shoes/Hiking Shoes |
| <input type="checkbox"/> Rain jacket and pants | <input type="checkbox"/> Swim suit (modest one piece for girls) |
| <input type="checkbox"/> Cotton T-shirts for 5 days | <input type="checkbox"/> 1 pair of long pants (for hiking) |
| <input type="checkbox"/> 1 pair of jeans | <input type="checkbox"/> Stocking hat |
| <input type="checkbox"/> bandana (you will need this) | <input type="checkbox"/> Hat--Cap or Cowboy |
| <input type="checkbox"/> 1 set of clothes you can paint in | |
| <input type="checkbox"/> Sandals with straps or an old pair of shoes, (for water activities only) | |

Minimum Personal Equipment/Gear- Label your stuff!



- 2 one-quart or liter wide mouth water bottles (w/ name)

*******Starting the Thursday before you come to camp, drink 2 of these water bottles full of water every day. We're not kidding (dehydrated campers=not a good thing).**

- | | |
|--|--|
| <input type="checkbox"/> Sleeping bag | <input type="checkbox"/> bug spray |
| <input type="checkbox"/> Pictures of grandma =) | <input type="checkbox"/> large capacity daypack |
| <input type="checkbox"/> pillow | |
| <input type="checkbox"/> flashlight/ headlamp (extra batteries) | <input type="checkbox"/> lip balm |
| <input type="checkbox"/> Sunscreen and bug spray | <input type="checkbox"/> toothbrush and toothpaste |
| <input type="checkbox"/> towel | <input type="checkbox"/> Bible and pen/pencil |
| <input type="checkbox"/> Biodegradable soap and shampoo for showers | <input type="checkbox"/> Teddy bear (optional) |
| <input type="checkbox"/> Sunglasses | |
| <input type="checkbox"/> Prescription medications (as needed) | |

*******Bring tennis shoes for wearing at the ranch as sandals will not be permitted to be worn...too many ankles have been rolled, scratched, or bitten!!!!**

Optional Gear:

Climbing gear, Hiking Boots, Mountain bike (talk to youth leader if you have one and are willing to bring it), camera, music/ipod/mp3 (**for use in the dark during the trip out and back only**).

Do not bring:

Cell phone , watch, alarm clock, flip flops, tank tops (the sun is way too intense and you will get fried) cats (domestic, wild, or otherwise) bad attitude, snacks (except for car ride).