

## WHAT TO BRING/WHAT TO LEAVE AT HOME!

Some of you have never been to camp. Please take time to look over the following CAREFULLY! Remember that in Colorado the mornings and the evenings can be quite cool. Here is a list of what to bring and what to leave at home.

### WHAT YOU NEED TO BRING

- Bible & pen/pencil
- Pillow
- Sleeping bag or bedding/blanket
- Toiletries (soap, shampoo, toothbrush, etc.)
- Towel, washcloth
- Shower shoes
- T-shirts/long shorts (See Dress Code)
- Warm jacket & sweatshirts
- Jeans/pants (at least 3 pair)
- Socks
- 2 pairs of closed-toe shoes (minimum)
- Poncho/rain gear
- Work gloves
- Flashlight with NEW batteries
- Tissues or handkerchief
- Hat, cap and/or bandanna
- Sunscreen, bug spray & chapstick
- Water bottle
- Any type of brace or wrap you may use
- Copy of your medical insurance card
- Day pack (See below\*)
- Face masks (See below\*)

**Be prepared to get wet or muddy because of rain and pack accordingly!**  
**Pack with restraint! We will be traveling loaded!**

Water Bottle - we ask that each camper drink at least 1 bottle of water on the way out to prevent altitude sickness. You will keep your water bottle with you throughout the camp and will be instructed to drink lots and lots of water!

\*Plan to pack a small day backpack for the bus ride to LVR. Once the buses are loaded, you will not be able to get into your main luggage until we arrive at LVR. Remember to include in your pack a water bottle, medications you may need, light blanket, personal items, snacks (for bus ride only), deck of cards, pillow, etc. You will use your day pack at camp each day to carry your Bible, pen, camp book, water bottle and jacket/sweatshirt.

\*We don't expect any need for masks on our trip but as of registration opening there is still a clause in our short shuttle transportation contract that everyone wear masks while in transit.

## **Spending Money & Snacks - \$25-\$50**

There will be 3-4 meal stops on the bus ride for which you will be responsible to pay.

While at Lutheran Valley Retreat you will have the opportunity to use the Camp Store. At the Camp Store you will be able to purchase snacks and drinks for \$ .75 each. All food purchases must be consumed during that free time. There are also shirts, sweatshirts, hats, bandanas, water bottles, and much more. Items are priced from \$3 up to \$40.

Bring snacks only for the ride to camp. Upon arrival at LVR, all leftover snacks will be thrown away! **No food items are allowed in the cabins - including gum.** (We don't want any critters to visit!). You will have the opportunity to purchase snacks for the trip home before we leave LVR, as well as during the drive back.

## **WHAT NOT TO BRING**

- Electronics
- Videos on your cell phone - no ear plugs!
- A lot of junk food
- Drugs, alcohol or tobacco products
- Fireworks
- Gum slingshots
- Knives or weapons of any kind (toy or not)
- More clothes than you can conservatively wear while there

\*Kansas Adult Leaders will also have cell phones for travel time. Cell phones will only be used during specific travel times, as communication to family back home (not for entertainment purposes).

## **WHAT YOU MIGHT BRING**

- Cell phones - very limited use during travel times!
  - There is no cell phone service at camp.
  - No video viewing or ear plugs will be permitted.
- Guitar (if you wish to play along with the song leaders)
- Alarm clock (on cell phone is fine)
- Camera (on cell phone is fine)
- Deck of cards
- Ear plugs for sleeping at night (you will be sharing a cabin with many others!)

## DRESS CODE

Please help make this camp a great experience for everyone by wearing appropriate clothing.

Do **NOT** bring with you:

- Spaghetti-strap tops
- Halter tops
- Tube tops
- Short shorts of any kind. **For safety reasons**, shorts need to be longer for the ropes courses and group activities we will be doing. Shorts need to be middle finger length on your legs, in front/back and on the sides. (If you do not bring appropriate shorts, plan to wear jeans or sweat pants for the week.)
- T-shirts with anything inappropriate for a Christian to wear
- All shirts must cover stomachs and bras (sports bras included).
- Yoga-type pants will not be allowed to be worn during most of the camp activities. You will be asked to wear shorts over them.
- Sagging pants

You will be instructed to change clothing if need be.

A couple of extra notes:

Your time in the bathroom will be very limited in the mornings. Your time in front of a mirror will be limited to 10 minutes. If you currently straighten your hair each morning, you will want to consider an alternate hairstyle for the week! You will have a total of 20 minutes to shower and get completely ready and out of the bathroom in the mornings.

The high altitude and physical activity can mess with the timing of your monthly period. Please be sure to bring plenty of "supplies" with you.