

**ROSEVILLE STAKE YOUNG WOMEN CAMP
EQUIPMENT FOR YOUNG WOMEN AND ADULTS**

- Please be sure to label all belongings with your first and last name!
- Please make sure that all items fit into one duffle bag or small suitcase.
- Clothing should be comfortable and ok to get dirty. Please use [*For the Strength of Youth*](#) guidelines when packing.
- We expect that it will be **VERY COLD**, especially at night. Please check the weather as camp approaches and pack accordingly (e.g., leggings to wear under jeans, a warm hat, gloves, etc.).

<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs of good & sturdy tennis shoes, <u>no open toed shoes at camp</u> (except for shower shoes) <input type="checkbox"/> Flip flops - <i>for showers & waterfront only</i> <input type="checkbox"/> 2 pairs of long pants (pants required for some ropes course activities) <input type="checkbox"/> 1-2 pairs of shorts <input type="checkbox"/> 3 t-shirts, 2 long-sleeved <input type="checkbox"/> 2 warm sweatshirts <input type="checkbox"/> 4 pairs of underwear <input type="checkbox"/> 2 bras / sports bras / undershirts <input type="checkbox"/> 4 pairs of socks <input type="checkbox"/> 1 pair of heavy socks to wear while sleeping <input type="checkbox"/> 1 pair of warm pajamas or sweats <input type="checkbox"/> 1 swimsuit (<i>For the Strength of Youth</i> standards) <input type="checkbox"/> 1 warm jacket <input type="checkbox"/> 1 hat <input type="checkbox"/> 1 rain poncho <p>General Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scriptures <input type="checkbox"/> Fish hook necklace <input type="checkbox"/> Pencil or pen <input type="checkbox"/> Small personal first aid kit / moleskin for blisters <p>Don't Forget!!</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sack lunch for Monday 	<p>Personal Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight - <i>with new batteries</i> <input type="checkbox"/> Watch <input type="checkbox"/> 2 bath towels <input type="checkbox"/> 1 washcloth or hand towel <input type="checkbox"/> Feminine hygiene products (even if your daughter has not started her period) <input type="checkbox"/> Deodorant <input type="checkbox"/> Soap, shampoo, conditioner <input type="checkbox"/> Toothbrush, toothpaste, floss <input type="checkbox"/> Kleenex <input type="checkbox"/> Comb / brush <input type="checkbox"/> Hair ties / bandana <input type="checkbox"/> Sunscreen, lip balm, chapstick <input type="checkbox"/> Bug spray <input type="checkbox"/> Sunglasses <input type="checkbox"/> Lotion (unscented) <input type="checkbox"/> Folding camp chair - <i>labeled with name</i> <input type="checkbox"/> Water bottle to carry in camp <p>Bedding - <i>placed in a black plastic garbage bag, labeled with your name, ward, and level</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 warm sleeping bag (lows will be in the 30s-40s) <input type="checkbox"/> 1 extra warm blanket <input type="checkbox"/> 1 pillow <input type="checkbox"/> 1 thick sleeping pad - <i>no bigger than twin-sized. Wooden bunk beds provided, but no mattress. No cots.</i>
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** Camp shirt and backpacks will be provided at camp.*

Things to Leave at Home: cell phones, electronic games, headphones, sandals, curling irons, blow dryers, snacks, money, anything expensive you would be sad to lose at camp