

Grade 7 Retreat Equipment List

Pack compactly. You will be sharing a room with several other students, so be respectful of space limitations. **Please label all items.**

Bedding

Each person will need her own sleeping bag or blankets and sheets. Pillows are optional.

Clothing

Dress is casual and appropriate for camp. We suggest the following:

- pajamas
- shoes - hiking boots or tennis shoes
- socks and underwear
- t-shirts, sweaters, jacket
- raincoat
- jeans, shorts, pants (at least one pair of long pants)

Toiletries & Miscellaneous

- water bottle
- soap and shampoo
- toothpaste and toothbrush
- brush and comb
- deodorant
- chapstick
- towel and washcloth
- flip-flops for shower
- sunblock
- insect repellent
- flashlight

PLEASE BRING A JOURNAL!

Optional Equipment

- camera
- compass
- cards, board games and books
- sunglasses

WHAT NOT TO BRING TO CAMP

- cell phone
- aerosol cans
- blow dryers
- mp3 or ipods
- knives, firearms, alcohol and tobacco products
- glass bottles