

## SEP Silver Meadows Suggested Packing List

- Sleeping Bag
  - Sleeping pad
  - Pillow
  - Pyjamas
  - Clean indoor-only shoes, slippers or sandals
  - Outdoor running shoes or hiking boots
  - Rubber boots
  - Rain Jacket
  - Sweaters or jacket
  - Underwear and socks for 7 days
  - Pants and/or Sweats for 7 days
  - Shorts for 7 days
  - Shirts for 7 days
  - Modest bathing suit
  - Beach towel
  - Sunglasses
  - Hat for hot days
  - Water Bottle
  - Toiletries:
    - Toothbrush & Toothpaste
    - Soap & Shampoo
    - Hair Brush/Comb
  - Sunscreen
  - Bug Spray
  - Flashlight
  - Money for canteen & offering
  - Bible (if available)
- Optional Items:**
- Camera
  - Notebook & pen
  - Book or novel
  - Baseball glove
  - Correct size Lifejacket

**Please do NOT bring** (they will be held by your dorm leader until the end of camp if found):

- Electronic devices (cell phones permitted to be used during designated times only)
- Lighters or matches
- Knives or Weapons of any kind
- Alcohol or drugs (prescription medicine must be reported)
- Expensive jewellery

