

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

