

KNYI Middle School Camp Packing List

Clothes: *We know that not all youth groups have the same rules regarding modesty so please try to accommodate the group requirements as noted.*

- You will need to pack enough clothing for 3 days! That's 3 pairs of socks, underwear, pajamas, etc. Also – it will be hot outside and you may get sweaty, so consider packing some extra changes of clothes.
- Sneakers or other closed-toed shoes will be required for our service project.
- Sun Wear - A hat, sunglasses, etc. (We don't want anyone to get burned!)
- Swimsuit -- Shorts/trunks for guys, modest tankini or one-piece for girls. If you only have a bikini, please bring a tank top to wear over it.
- Flipflops for the showers.
- Everyone, keep modesty in mind. No short shorts or low-cut tank tops, muscle tanks, etc. We don't want to see any of your undergarments. If you're in doubt, don't bring it!

Toiletries & Other Items:

- All the shower essentials – soap, shampoo, conditioner, etc.
- Deodorant – REQUIRED (Reminder: Axe body spray or scented lotion are not substitutes for showers and deodorant!)
- Toothbrush/toothpaste
- Sunscreen
- Other toiletries as needed/desired – hair care products, contact products, shaving products, floss, lotion, etc.

Medications:

- We will have basic over-the-counter medicine available for our nurses to distribute as needed.
- If you have a prescription medication, it must be labeled with your name and dosage. It's helpful if you put it in a Ziploc bag with your name and when the med is needed.
- All medications will be turned in and distributed by our nurses during camp.

Miscellaneous:

- A regular towel for showering and a beach towel (if you plan on swimming).
- A physical bible
- Bedding for twin size bed and/or a sleeping bag, pillow, etc.
- A reusable water bottle

- Sunscreen
- Spending Money (Optional) - We will have the Snack Shack where additional snacks can be purchased.