

PACKING LIST

“Respect” is rule number 2 at Bethany Birches. One of our goals is to demonstrate respect for ourselves and for those we are living with. Camp is active, can be messy, and happens in the mountains and forest. Bring clothing that you will be comfortable running around in, and that communicates modesty, and respect for your body.

- ✓ Dufflebags and Backpacks are great luggage options. Our property is mountainous and your lodging is a walk from the car.
- ✓ Sleeping bag, pillow and foam pad/camp mat. Any mat is welcome so long as it is a single bed size or narrower
- ✓ Swimwear & swim towel
 - Suitable for active play. (swim shorts with a secure waist, and one-piece bathing suits are ideal).
 - Campers may be asked to add clothing over top of bathing suits.
- ✓ One unbreakable plate, bowl, cup and silverware. We have extra sets you can pick up during check in if you do not have this.
- ✓ Plastic bag for wet/dirty clothes
- ✓ Flashlight or headlamp
- ✓ Appropriate clothes for warm days, cool evenings and occasional rain (bring clothes that can get dirty - it happens!). At least include:
 - Tshirts
 - Athletic Shorts
 - Jeans / Sweatpants
 - Rain jacket
 - Sweatshirts
 - Warm clothes: consider things like warm fleece or long underwear as some weeks and evenings can be cold. Check the 10 day forecast for Plymouth, VT 05056..
 - Extra socks & underwear!
- ✓ Shoes - At least 2 pairs (examples include sneakers, hiking boots, Teva's, Chacos, etc.)
 - STURDY shoes for wading in the stream (old sneakers will do!)
 - Sandals must have a heel strap.
 - Flip Flops / Sandals without straps may only be used for showering
- ✓ Bible (we have extras we can give you to keep)
- ✓ Bug spray & suntan lotion: please provide your own if you have allergies or preferences about ingredients.
- ✓ Toiletries
 - Bath towel
 - Wash cloth
 - Toothbrush & toothpaste
 - Soap, shampoo
- ✓ Back pack
- ✓ Water bottle
- ✓ A book or magazine you like to read for Explore 30 (rest time)

****We try hard to make sure campers go home with all of their belongings and only theirs. Sometimes that doesn't happen! It is helpful to label clothing so it doesn't get lost or mixed in with someone else's.****

There are a few things that we ask you NOT to bring:

1. Clothing that promotes alcohol, tobacco, marijuana, or any illegal substance.
2. Clothing that contains messages/illustrations:
 - with lewd, defamatory, obscene or vulgar references
 - which intimidates or ridicules any person or group of people
 - which promotes violence
 - that promotes a controversial social or political issue
3. Any electronics: cell phones, games, or music players.
4. Junk food and candy
5. Weapon of any type. Foldable pocket knife with a blade shorter than 3 inches is o.k. for whittling and needs to be given to your counselor at check-in.
6. Vape, alcohol or tobacco, and any other drug, unless prescribed by your child's doctor. Bringing these items to camp will likely result in dismissal.

****If you bring any of the items on the “do not bring” list, we will keep them in the office until the end of the session. Thank you for helping us provide a safe and comfortable environment for all!****