

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.

Each camper should bring a backpack each day filled with the following items.

- Water Bottle
- Modest swimsuit and towel
- Sneakers
- Sweater/jacket
- Extra pair of STURDY shoes/water shoes with back straps
- Bug spray & Suntan lotion: please provide your own if you have allergies or preferences about ingredients.

****We try very hard to make sure campers go home with all of their belongings and only theirs. Sometimes that doesn't happen! Many have found it 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:

- Clothing that appears to promote alcohol, tobacco, marijuana, or any illegal substance.
- 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
- Any electronics: cell phones, games, or music players.
- Junk food and candy
- Weapon of any type
 - ◆ foldable pocket knife with a blade shorter than 3 inches is o.k. and needs to be given to your counselor at check-in
- Vape, alcohol or tobacco of any kind, and any other item that could be labeled a drug, unless prescribed by your child's doctor. Bringing these items to camp will likely result in dismissal.

If you bring any of these things, 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!