

# Young Women Camp Packing List

**\*\*Bring your own sack lunch up with you on Tuesday\*\***

## Clothing

- ☐ 2-3 T-shirts (No sleeveless shirts)
- ☐ Jacket / sweatshirt
- ☐ 3 pairs of socks
- ☐ 2-3 pairs of shorts, pants, or leggings
- ☐ Modest pajamas
- ☐ 2-3 changes of underclothing
- ☐ 2 pair close-toed shoes
- ☐ Modest bathing suit
- ☐ Poncho / rain jacket

## Bedding

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Sleeping pad/cot

Please put all bedding together in a large trash bag. Then label bag with your name and ward.

## Personal Items

- ☐ Personal Hygiene products: deodorant, toothbrush, toothpaste, brush, feminine hygiene products, etc.
- ☐ Pack of wet ones or bathing wipes
- ☐ Sunscreen and insect repellent
- ☐ Swim towel
- ☐ Personal medications and dosage; please notify camp nurse if you are bringing medication.

## Other items

- ☐ Flashlight with extra batteries
- ☐ Refillable water bottle
- ☐ Electrolyte drink packets
- ☐ Small first aid kit or some band-aids
- ☐ Camping chair
- ☐ Scriptures

## Secret Sister gifts

- ☐ 3 homemade or inexpensive items (check with your ward camp director)

## Activity Specific

- ☐ Colored Pens to color in journals or just a pen
- ☐ Sunglasses
- ☐ Cards and/or games (in case of rain)

## Optional

- ☐ Camera
- ☐ A watch
- ☐ Water shoes
- ☐ Water gun
- ☐ Binoculars

## Do NOT Bring:

- ☐ Cell Phones, tablets, electronic games, etc. or hard-to-clean-up items like silly string or glitter.

**\*\*You should arrive with only three bags and a camping chair. One bag with all your bedding items, one bag with your tent, tarp, and ropes or bungee cords to secure your tent (if you were assigned by your ward to bring these items), and one bag with everything else. Please label each of these three bags with your name and your ward. (Just attach a big tag or tape that can later be removed if you prefer not to label items permanently.) This will help us immensely with the setup at camp.**

**\*\*If you bring snacks, they must be in a critter-proof, sealed container like Tupperware. No nut products please. We have campers with allergies.**

**\*\*It would be wise to label all items, big and small, as they may get misplaced or mixed up with similar items.**

**Adult Leaders:** You might want to bring a lantern, extra repellent, extra sunscreen, and indoor games in case of rain.

**We expect all participants at camp to abide by the standards of The Church of Jesus Christ of Latter-day Saints found in the *For the Strength of Youth Guide*. We also expect all campers to respect the property and privacy of others.**

**Things to know and remember to help keep you safe and to have a pleasant camp experience:**

- Poison Ivy
  - Leaves of 3 leave them be. Do not burn. Wash with soap and water immediately if you touch it; scratching will make it spread.
- Stinging nettle
  - Touching stinging nettle can produce itching and welts. Stinging nettle often grows in patches. Its stems are unbranched and leaves are opposite, egg shaped, and with serrated margins. You can identify this plant by the stinging hairs on the stem.
- When hiking or working in a wooded area, wear protective clothing, including long sleeves, pants, gloves and hats.
- Avoid burning any plants that you suspect could be poisonous. They are toxic in this state as well.
- Daddy longlegs cannot bite you.
- Raccoons are smart and can get into things easily. Keep food in an air-tight and hard-to-open container.
- Stay away from animals.
- Always stay in pairs.
- Stay in the designated camping area only.
- Carry a whistle, but only use in emergencies.
- Stay on paths to not get lost, have a compass, and know your surroundings.
- Wear long pants to protect your legs if you are around tall plants.
- Stay hydrated. Always carry water with you.
- Eat healthier foods. Sugar and salt will dehydrate you.
- Swimwear is not allowed at meals. Please cover up!
- Say thank you to the kitchen staff and keep your food complaints to yourself.
- Watches are very helpful.
- Keep extra batteries with you.
- Respect nature and it will respect you.

Bear Creek Camp Address 7417 County Rd. 720 S, Connersville, IN

Cell phone service at camp is very limited. If you have an emergency, please call 765-827-5027.

Other Contacts

- Stake Camp Director: Janice Greenhalgh 859-240-6165
- Stake YW President: Mindy Decker 435-291-0838