

**Bethel Baptist Association
Overnight Summer Camp**

WHAT TO BRING

1. **Light, comfortable clothing** (shorts, T-shirts, jeans: enough for 4 days with extra changes if needed) It will be **hot** and you will get **dirty!**
2. **Underwear, socks** (for 4 days with extra changes)
3. **Shoes** (preferably sneakers – don't just bring sandals or flip-flops!)
4. **Bedding** (sheets, light blanket, pillow. It will probably be too warm for sleeping bags.)
5. **Toiletries** (soap, deodorant, toothpaste, toothbrush; hair care items)
6. **Towels and wash cloths**
7. **Sunscreen** (you will be outside a lot)
8. **Insect Repellent** (no aerosol cans allowed) "Swamp Gator" works well!
9. **Swim Suit:** Girls – decent one piece suit
Boys – no Speedo's allowed
10. **Rain Poncho** (a cheap vinyl poncho will do)
11. **Flashlight** (w/fresh batteries)
12. **Prescription medicines** (these will be given to the Camp Nurse at Registration time for safe-keeping) Please place in a zip-lock bag with child's name clearly printed on it!
13. **Plastic Trash Bag** (for dirty and wet clothes)
14. **Optional:** Camera (but no cell phones!)
15. **BIBLE, PEN or PENCIL, NOTEPAD**
16. Small electric fan (for sleeping comfortably at night)

WHAT NOT TO BRING

1. **Alcohol**
2. **Drugs** (including over-the-counter medicines. Our Camp Nurse will have a supply of anything you might need if you get sick!)
3. **Tobacco Products**
4. **Lighters**
5. **Weapons** (including pocket knives)
6. **Ipods/MP3 Players, CD Players, Radios, etc.**
7. **Electronic Games**
8. **TV's**
9. **CELL PHONES or Pagers** (our Staff will be able to communicate with the "outside world" for you, and they can relay any important messages)
10. **Two-piece Swim Suits** (girls)
11. **Shirts that expose your belly button**
12. **Tank tops with straps narrower than two fingers**
13. **Money** (you won't need it!)
14. **Aerosol (spray) cans** of any sort!
15. **Skateboards/Roller Skates/Blades**