

Things to Bring to Camp *(please arrive on the first day of Staff Training with all of these items)*

- ✓ Sleeping Bag, Pillow, Fitted Twin Size Sheet (a complete set of sheets is optional, but the fitted twin size sheet is essential)
- ✓ Towels for showering and the pool
- ✓ Underclothes and Socks—and bring lots of socks
- ✓ Several facemasks that fit you well (while we don't anticipate wearing masks very much, they will be good to have on hand should conditions change)
- ✓ Clothes you don't mind getting dirty (you might be doing some trail clearing / general outdoor work around camp)
- ✓ Personal Toiletries such as toothbrush, soap, deodorant, contact solution/case, hair products, etc. Whatever you need to be comfortable and well taken care of!
- ✓ Sweatpants and a Sweatshirt or Light Jacket – some evenings are very cold, especially at the beginning of the summer.
- ✓ Shoes – should be comfortable and sturdy. Tennis shoes are suitable for wear in camp, but hard soled shoes (such as hiking boots) are necessary for hiking. You should have at least three pairs of shoes for everyday use that are all closed toe. You may bring Chacos, sandals, open toe shoes for use on the weekends.
- ✓ Old tennis shoes are necessary for creek hiking. No open toed shoes are allowed during “working hours” (except in the shower / at the pool). You must wear closed toe shoes in the creek.
- ✓ Flip-Flops for use in the shower / pool area only (optional)
- ✓ Rain Jacket (**essential** for all staff members!)
- ✓ If you drink coffee, a coffee cup or mug with lid is suggested
- ✓ At least one pair of comfortable jeans / pants
- ✓ Shorts and T-Shirts (this will be your most common outfit at camp)
- ✓ Long-Sleeved T-Shirt / Flannel Shirt
- ✓ Swimwear that is comfortable and suitable for active play with campers in the pool and creek
- ✓ Hat (optional but good for sun protection)
- ✓ Headlamp (**essential** for all staff members!)
- ✓ Waterproof Wrist Watch (**essential** for all staff members!)
- ✓ Reusable / Durable Water Bottle

- ✓ Bug Spray and Sunscreen
- ✓ Backpack (doesn't need to be for backpacking, a school book bag is fine)
- ✓ Pack Cover for your Backpack (optional but highly suggested)
- ✓ Bible, devotional material, or musical instruments used for devotions (optional)
- ✓ Letter writing materials and stamps (optional)
- ✓ Sunglasses – and if you have prescription glasses, bring along a second pair
- ✓ Buff or Bandana
- ✓ **If you are already CPR certified, please bring your CPR mask!**
- ✓ Pocket knife – no sheath knives, no blades over 4 inches, folding only (optional)
- ✓ Camera (optional, and camp is not responsible for damages)
- ✓ And of course, please arrive with a good attitude and a smile on your face! ☺

Weekend Ideas (you are welcome to spend the weekend at camp and build community with fellow staff members!)

- ✓ Hammock with straps for lounging
- ✓ Books for reading
- ✓ Any special snacks you want (you will be provided with a place to store them).
- ✓ Detergent for laundry. We have washers and dryers available for your use!

Things *Not* to Bring to Camp

- Drugs, alcohol, or any illegal substances; Even if you are 21, alcohol is not allowed on camp property
- Fireworks, explosives, or any other highly combustible materials (lighters / fire starting materials are permitted, however)
- Guns or extremely large knives
- A negative attitude
- Extremely expensive or fancy electronics / equipment / jewelry
- One of a kind personal items that you would be extremely upset about if they were ruined

If you have any questions at all about what to bring (or what not to bring), feel free to call the camp office at 540-268-2409 or e-mail Meredith Petty at program@altamons.org. We are happy to answer your questions and we look forward to seeing you (and all of your gear) on the first day of Staff Training!