



SIGNS OF HOPE CAMP



WHAT TO BRING

Clothes:

- T-shirts
(must cover stomach, no deep V-shirts or inappropriate graphic T-shirts)
- Shorts
(should come to your fingertips when your arm is by your side)
- Jeans
(not to be worn hanging off hips or with undergarments showing)
- Sweatshirt or sweater
- Bathing Suit
(girls-once piece only)
- Pajamas
- Wind breaker or light jacket
- Undergarments and socks
- Tennis shoes or hiking boots
(must be closed toed)
- Flip-flops
(for the pool and shower only)
- Hat

Personal Gear:

- Sleeping Bag
- Pillow
- Shower Towel
- Pool Towel
- Wash Cloth
- Laundry Bag
- Backpack
- Notebook to journal
- Pens or Pencils
- Flashlight
- Sunglasses
- Water bottle

Toiletries:

- Sunscreen
- Chapstick with sunscreen
- Bug spray
- Soap
- Toothpaste
- Toothbrush and floss
- Deodorant
- Shampoo and conditioner
- Comb or brush
- Feminine hygiene products

Medication:

All medication must be packed in a plastic bag and in the original labeled container with clear instructions.

Please make sure the name on the bottle matches the name on your instructions