

# PACKING LIST

Below is a list to help you know how to plan. Add your own specific items to it depending on the weather, special activities and events, and meal considerations. This list is not necessarily exhaustive or imperative.

## Clothes

- Pants, shorts, skirts, undergarments, socks, etc. for each day plus an extra.
- Pajamas
- Comfortable shoes including closed toed shoes for activities.
- Modest swimsuits required (board short style trunks for males and a one-piece or tankini with no midriff showing for females). Wearing a dark colored shirt on top of a two-piece suit is ok.*
- Pool towels
- Jacket/rain jacket/coat
- Gloves/hat/belt

## Bedding

- Linens, blankets, etc. or a sleeping bag.
- Pillow
- *Note: Check with your Group Leader to confirm bedding. Some events have linens and towels provided by Refreshing Mountain, and some events do not.*
- *(In the case that Refreshing Mountain does include linens and towels, these items will be folded and stacked on each bed upon arrival. There will be enough sheets, pillows, and blankets (per person), as well as towels and washcloths per person/per night for the duration of your stay. Refreshing Mountain does not provide daily room service).*

## Miscellaneous

- Bible, journal, pen
- Games
- Sports equipment
- Camera
- Musical instrument
- Spending money

## Health

- Towel, washcloth, etc.
- Soap, shampoo, conditioner
- Hairbrush, hair dryer
- Toothbrush, toothpaste
- Razor, shaving cream
- Lotion, bug repellent
- Glasses/Contacts/Solution
- Feminine Hygiene
- Prescriptions, vitamins
- *For guests with food allergies, please review [Refreshing Mountain's Current Menu](#). This menu will only be current for your event about 7 days before arrival and will show which items contain gluten, lactose, soy, etc.*
- *In our Dining Hall there is a community refrigerator/freezer/microwave and access to hot water for any guest who need to bring some of their own supplemental food.*

## Prohibited

- Games or crafts that involve paint, tie-dye, color runs, slip n slides, shaving cream, etc. [Click here for more details.](#)
- Fireworks
- Skateboards
- Pets
- Pranks
- Illegal drugs
- Alcohol/Smoking
- Weapons or firearms of any kind (authentic or imitation)

## Discouraged

- Cell phones (for campers)
- Electronics in general (Bluetooth speakers, radios, cd players, etc.).