

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.

### Things You Should Know:

- [Guidelines](#)
- [Pool Rules/Dress Code/What to Wear for Activities/Check-Out Instructions](#)

### Clothes

- Pants, shorts, skirts, undergarments, socks, pajamas, etc.
- Comfortable shoes including closed toed shoes for activities.
- Pool towels
- Jacket/rain jacket/coat.
- Gloves/hat/belt
- **Modest swimwear:** Men/Boys: Modest board shorts only, no tight suits or underwear style swimsuits. Women/Girls: Modest one-piece or tankini, no see-through, exposed belly, excessive cleavage, or revealing bottoms. Cover-ups may be required if swimsuit is inappropriate. Everyone should wear a cover-up when walking to/from the pool.

### Bedding

- Pillows, Linens, blankets, etc. or a sleeping bag.
- **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 instruments
- Spending money for Refreshing Mountain's 319Cafe. [See menu here.](#)

### 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 guests who needs 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 on games that are not permitted.](#)
- 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, etc.).