

SEP So. Cal. 2009

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PACKING LIST FOR CAMPERS AND STAFF

Below is a list of clothing suggested for camp this year. On a typical camp day, you will dress in jeans or shorts, a camp-issued SEP t-shirt, athletic socks, and tennis shoes. You will also need a jacket and/or sweatshirt for early mornings and nights that are cool.

Sheets, blankets, and pillows are **NOT** provided. You will need to bring a sleeping bag, or linens and blanket, and a pillow if desired. We will provide **3 SEP T-shirts**, and will launder them twice. There will be a camp store, so you may wish to bring a little spending money, but it is not required.

**PLEASE BRING ONLY 1 LARGER SUITCASE OR 2 SMALLER DUFFLE BAGS
BECAUSE STORAGE IN THE DORMS IS LIMITED.**

>> Please bring your own backpack this year. <<

(Last year we had backpacks donated but this year we are asking that you bring your own.)

CLOTHING SUGGESTED FOR CAMP

(Use a laundry marker to mark ALL clothing & personal belongings BEFORE coming to camp.)

Clothing List

- 1-2 t-shirts
- 1 jacket and/or 1-2 sweatshirts
- 2-4 pairs of shorts (modest, no short-shorts, rear ends must be covered, no underwear showing)
- 1-2 pairs denim jeans
- 7-9 sets of underwear
- 7-9 pairs of white athletic-type socks
- 2 pairs athletic shoes
- Sleepwear (t-shirt and shorts work well)
- Swimsuit (For females: MODEST one-piece suits. Very MODEST tankinis are allowed but they CANNOT show midriff or have skimpy bikini bottoms; For males: NO Speedo-type suits)
Note: If bathing suits are not modest, we will provide a large T-shirt & have the camper wear shorts.
- (Plastic garbage bags for dirty clothes)

If you have questions about what we consider a modest swimsuit, please feel free to call us at 619-578-4245.

Personal Items to Bring

Bedding/Linens

- One sleeping bag or linens/blanket
- One pillow
- 2 bath towels and washcloths
- 1 Beach Towel for Lake activities
- Backpack

Other Items:

- Bible and notebook
- Backpack
- Several pens/pencils
- Flashlight & NEW batteries – esp. for the boys!
- Toiletries (soap, shampoo, toothbrush & paste, deodorant, etc.) (No aerosol cans)
- Sunglasses & hat or visor
- Sunscreen
- Chapstick
- Several filled water bottles and/or Gatorade bottles - put name on them.
- Mosquito repellent
- We suggest bringing **motion sickness tablets** (such as Dramamine) for the trip up & down the mountain. Chewing gum is also helpful for adjusting to altitude.
- Necessary Medications (these *must* be listed on the Application and checked in with the camp nurse upon arrival. This includes all vitamins and over the counter meds.)

- Optional:** Camera (not a cell phone camera because cell phones are not allowed; see below); If you choose to bring a digital camera, please bring your download cable if you would like to submit pictures for the camp CD. However, please know that SEP So. Cal. cannot be responsible if it is lost or stolen.
- Optional:** Battery operated alarm clock. (Cannot use cell phones for alarm.)
- Optional:** Fan or noise machine to help with background noise for sleeping.
- Optional:** If you are going to audition for the Variety Show, please bring the items you need for your act. If this includes items that are on the “Do Not Bring” list (such as a CD player), then have the camper let their counselor know on the first day.
- Optional:** Small amount of spending money. There is a camp store open a couple times in the week.

Do Not Bring

(We will collect any ipods, cell phones, game boys, etc. and store them in a safe place during camp; items will be returned at the end of camp)

- × No bare midriff /low cut pants – no exposed stomachs or underwear
- × Valuables (ie. expensive watches, jewelry, rings, etc.) are not recommended
- × Cell phones or walkie-talkies are not allowed. If cell phones are brought to camp, they will be checked in with the counselor and stored in a safe, locked location until camp is over.
- × Radios (incl. clock radios), game boys, or other electronics (excluding digital cameras) are not allowed.
- × CD players, iPods, MP3 players, DVD players or televisions are not allowed.
- × Rollerblades or skateboards are not allowed.
- × Mountain bikes or any other type of bike are not allowed.
- × No over-the-counter medications such as aspirin, ibuprofen or sinus medications can be kept in the dorms by the campers. If these items are needed, they must be listed on the Health Evaluation Form and checked in with the camp nurse upon arrival.
- × Water squirt guns are not allowed at camp.
- × Guns, knives or weapons are not allowed at camp.
- × Alcohol, tobacco products or illegal drugs are not allowed at camp.
- × Food / candy - cannot be kept in dorm because it attracts animals (If food items are brought or purchased at the camp store, the counselors will collect uneaten items and keep them in a safe place until the appropriate time.)
- × No aerosol cans are allowed at camp.

Please note: SEP So Cal is not responsible for lost or stolen items.