

Clothing and Equipment List for High School Student Counselors

MARK ALL CLOTHING AND EQUIPMENT with name tape or waterproof ink to prevent loss!

The following is a suggested list of items to take with you to ODS. If possible, avoid taking extra things that really aren't needed:

BEDDING:

Sleeping bag or a four-blanket bedroll.

Because the nights can be cold, EVERYONE should bring an extra blanket to put inside of the sleeping bag for warmth.

Pillow

An air mattress or foam pad is optional. (The bunks are simply boards, not mattresses!)

CLOTHING

1 or more pair lightweight shoes such as a pair of tennis shoes.

1 pair of hiking-type shoes if you have them and are used to wearing them.

A warm coat is a must.

A raincoat if you have one.

Several warm sweaters or sweatshirts.

1 or more warm shirts.

3 or more lightweight shirts or blouses.

At least 3 pair of jeans or similar-type pants.

Daily changes of socks + several extra pair.

Daily changes of underwear + several extra pair.

A stocking hat. **(Most heat loss takes place through the head so you need this to keep you warm at nights! If you don't want to wear it other times, don't! But bring one to wear at night!)**

Several washcloths.

Several bath towels.

OPTIONAL:

A pair of flannel pajamas.

Shorts may be worn. (The rule for students is that they must be within 4 inches of the kneecap or below the tips of their fingers when their arms are extended down their legs. Spandex can be worn only with something over it.) (Bring long pants as well as you will be in the forest in brush at times.)

A pair or two of long underwear for chilly days can be a good thing.

PERSONAL CARE ITEMS

Toothbrush and toothpaste.

Comb or hairbrush

Soap (in a container!)

Feminine hygiene items

OPTIONAL:

Facial tissue.

Lotion and cream for chapped lips.

GENERAL EQUIPMENT

Flashlight. This is a must! Bring several extra batteries also.

Name-tag with your approved camp name on it.

An alarm clock that is not electric.

A coffee-type mug to drink out of. **(Label it with your camp name.)**

A clipboard, if you have one!

An addressed and stamped envelope or 2 for letter writing. Enclose paper to write on.

A GOOD MOOD THAT WILL LAST THROUGH CAMP!

A willingness to help anyone at anytime!

OPTIONAL:

Camera

Backpack to use throughout the day

On Thursday evening we will have a "formal" dinner. **Each person needs to bring a clothing item of the formal nature** such as any type of tie, a vest, a fancy handkerchief to place in a shirt pocket, a fancy bow for the hair etc.

Each person needs only one item. **Be imaginative!**

Please do NOT bring pants that hang low showing off underwear or body parts others don't want to see! Tops must completely hide tummies! And be modest!



Bring a pen for signing autographs on Friday!

Do **NOT** bring flip flops!

ABSOLUTELY DO NOT BRING gum, knives, extra food, MP3 Players, electronic games, **CELL PHONES** etc. or pets! (Note that although cell phones in the real world can be tremendous for safety reasons, in camp cell phones can potentially seriously endanger many in camp as locations of cabins in living areas could be divulged to people outside of camp as well as those in camp. Also, contact with the world outside of camp will very much detract from the week's experience. For those reasons any cell phones brought to camp will be confiscated for the week.) **Please do NOT bring cell phones to camp!**