

WHAT TO BRING

Personal Items – PACK LIGHT ☺ It's only a week!

Medical Consent Form and Waiver of Liability Agreement

***Shasta clients must also complete the "Acknowledgement of Risk" form. Every participant from your group including adult leaders must have all these forms completed.**

- ___ Sleeping bag, pillow, sleeping pad (you'll be sleeping on the roof)
- ___ Grubby clothes, warm clothes, swimsuit (**LADIES – 1 PIECES ONLY!**)
- ___ Tennis shoes/sandals - most hikes involve swimming – please bring shoes that can get wet and will stay attached to your foot in the water – i.e. Tevas
- ___ Toiletries – sun screen, bug repellent, lip balm, toothbrush, soap
- ___ Towel, sunglasses, camera, flashlight
- ___ Bible, notebook, pen
- ___ Cards/board games
- ___ \$\$\$ for Capt. Fun's goodies and camp T-shirt
- ___ Personal ski equipment (not necessary, but allowed).

GROUP ITEMS

- ___ Recreation water equipment (floaties, rafts, balls, etc.)
- ___ A few beach or lawn chairs
- ___ Fishing poles, tackle box – limit 4 per group
- ___ Excitement/anticipation for an incredible week!!!
- ___ Personal re-fillable water bottles (encourages drinking water)

WHAT NOT TO BRING

- ___ Hard soled shoes/good clothes
- ___ Music that dishonors God, Ipod, cell phone, personal video games
- ___ Heavy Suitcases
- ___ Anything electronic (Blow dryers, coffee makers, etc.)
- ___ **Any motorized water going vessel (jet ski, ski boats) unless prearranged**
- ___ **Children under the age of your campers unless prearranged**

NECESSARY FORMS

- ___ Registration & Medical Consent Form
- ___ Release and Waiver of Liability and Indemnity Agreement Form
- ___ Acknowledgement of Risk Form (Shasta clients only)

Special Permission Form – Campers with disabilities must have the Special Permission Form completed and signed as well.

Students with an epileptic condition will be required to wear a life vest during all water activities.