

## WHAT TO BRING TO ROCK CLIMBING CAMP:

It is essential that campers come with all items on the "Required Items" list. Especially note the need for proper footwear, warm outerwear and an adequate sleeping bag. We are concerned that many campers come unprepared for our outdoor oriented programs. Mountain weather is very unpredictable. Snow and rain are possibilities campers must be prepared for!

### Required Items:

- 1 complete change of clothes for at least every 2 days spent at camp.
- 1 complete change of clothes that can get wet or dirty from water.
- 1 pair of shoes or sandals that can be worn in the water.
- 1 pair of sturdy footwear.
- 2 pairs of running shoes.
- Raingear.
- 1 or 2 pairs of wool socks (your feet will be warmer than in cotton socks if they get wet).
- Swimsuit
- 1 summer jacket
- 1 warm jacket
- 1 heavy sweater (wool or polar fleece best).
- Sun hat
- 1 pair of gloves or mitts
- toque or winter hat
- Canteen or water bottle with watertight lid (a 1 litre pop bottle works well).
- Bible, pen/pencil
- Toothbrush, toothpaste, soap, comb/hair brush etc.
- Towel & wash cloth
- Sleeping bag (warm enough to keep you warm down to 0Celsius) and extra blanket if you get cold (you will be sleeping in unheated cabins at the campsite).
- Pillow.
- Any medication needed on a regular basis.

### Optional Items:

- Daypack/Backpack
- Flashlight and spare batteries
- Insect repellent, sunscreen, sunglasses, chapstick
- Camera (you will NOT be allowed to keep your phone to use as a camera)
- Musical instruments
- Dressier clothes for the last night
  
- Rock climbing helmet
- Rock climbing shoes
- Harness
- Belay device (ATC, Grigri, etc.)
- Chalk bag with chalk
- Personal tether
- Prusik cord
- Figure 8 device
- Climbing rated carabiners

We want to provide a bit of an opportunity for campers to bring their own climbing gear if they have some. Camp has enough gear to supply every camper with what they need, however we realize that sometimes people have their own gear they prefer, or they desire to acquire their own gear before coming to camp. Please note, that any gear brought to camp will be inspected by trained staff to ensure usability. The suggested items listed above are suitable for campers to bring to Rock Climbing Camp:

We are a Christian camp and you will be expected to dress modestly. Guys will be expected to wear shirts at all times, except swimming and show no underwear above pants.  
Girls – no short shorts or short skirts, no halter tops or spaghetti straps and no bikinis.

**DO NOT BRING:** personal electronic devices (cell phones, iPods, MP3 players, etc.), pets, tobacco products, alcohol, drugs, junk food or extra snacks (unless on a special diet), money or other valuables.