



WHAT TO BRING TO WILDERNESS CAMP

Here's what we suggest you bring to camp. If you have any trouble bringing any of the items, please give us a call Winston at Sonlight 970-264-4379 and we'll help you.

- **BACKPACKING HEALTH FORM COMPLETED** and signed by the parents and a Physician or nurse practitioner. Required by Colorado law. **DUE May 15th, 2010.**
- **ACKNOWLEDGEMENT OF RISKS, INDEMNIFICATION, AND RELEASE OF LIABILITY FORM** signed by the camper and parent/guardian. **DUE May 15th, 2010.**
- **TUITION BALANCE.** Paid in full to Sonlight Camp by **May 15th, 2010.**
- Lightweight Bible that is easy for you to read
- Waterproof raincoat with a hood (**A MUST!**)
- Rain pants
- Bandana
- Sweater or fleece jacket
- 1 Warm sweatshirt or flannel shirt
- 1 pair long pants
- 1 pair shorts
- underwear
- 2 or 3 pairs of wool or smart wool socks
- 2 t-shirts
- Sturdy shoes for hiking (well broken in)
- Tennis shoes, Chaco's or Teva type sandals
- 1 cap for warmth
- Toothpaste and toothbrush
- Small hand or pack Towel
- Sun screen and lip balm with at least 25 spf
- Small flashlight with extra batteries (LED's are great)
- Small compact pillow (optional)
- Sunglasses (optional)
- Small pocket knife
- Camera (optional)
- Clean clothes for the trip home (optional)

Note: Sonlight staff will help pack in group gear. Campers will carry weight appropriate for their size.