



## WHAT TO BRING...TO CAMP

Here's what we suggest you bring to camp. If you have any trouble bringing one of the items, please give us a call or email us at Sonlight and we'll see what we can do.

- HEALTH FORM COMPLETED** and signed by parents and a physician or nurse practitioner. Required by Colorado law. **DUE 2 weeks prior to camp arrival.** There are two (2) places for parents to sign. Thanks.
- TUITION . . .** Paid in full to Sonlight. **DUE 2 weeks prior to camp arrival.**
- Bible that is easy for you to read
- Light jacket, warm sweat shirt or fleece (it gets pretty chilly in the evenings)
- Clothes that can get REAL SLIMY, MUDDY, COVERED WITH SHAVING CREAM
- Shirts, Modest Shorts, Long Pants, Underwear, Shoes, Socks, etc.
- Old Shoes or Sandals that strap on to your feet for water games and rafting (no flip-flops, please). Bare feet are susceptible to bee stings, cuts, etc.
- Toothpaste, Toothbrush, Soap, Shampoo, etc.
- Bath Towel and Wash Cloth
- Modest Swimsuit
- Sunscreen (at least SPF 25)
- Sleeping Bag (pillow is provided)
- Flashlight or headlamp with extra batteries
- Day Pack for the hike and/or rafting
- Waterproof Raincoat
- A six pack of your favorite juice or soft drink (Pack this separate so we can collect it upon camp arrival. Thanks)
- A can of unscented shaving cream (we recommend Barbasol Original, Unscented)
- A shiny, shimmering, bright, glittery, glistening outfit for banquet night.

We want to see you get your shine on!

### Do not bring the following items.

- **No instant mashed potatoes, it will be provided.**
- **No water balloons (we have 1,000's)**
- **No candy or sweets of any type. Sonlight will provide snacks. (Food in the cabins attracts rodents and bears. Bad idea!)**
- **No cell phones, game boys, DVD players or electronic devices. Note; if your camera is in your cell phone, it will not be allowed. One exception: ipods, mp3 players are allowed in the cabins during rest time. If you have questions, email us.**