



WHAT TO BRING ON A SONLIGHT BACKPACK TRIP

Here is what we ask that you bring to camp. If you have concerns about bringing any of the items, please give us a call at Sonlight 970-264-4379.

- **HEALTH FORM COMPLETED DUE May 15, 2011 before camp** signed by you and a licensed physician, physician's assistant, or nurse practitioner. This form is required by Colorado law.
- **ACKNOWLEDGEMENT OF RISKS, INDEMNIFICATION, AND RELEASE OF LIABILITY FORM** signed by you. **DUE May 15, 2011**
- **TUITION BALANCE** must be paid in full to Sonlight Camp by **May 15, 2011**.
- Lightweight Bible that is easy for you to read
- Pen or pencil
- **WATERPROOF** raincoat with a hood (**A MUST!**)
- **WATERPROOF** rain pants
- Sweater or fleece jacket
- 1 warm sweatshirt or flannel shirt
- 1 pair long pants
- 1 pair shorts
- 2 t-shirts
- underwear
- 2 or 3 pairs of wool or smart wool socks
- Sturdy shoes or boots for hiking (well broken in)
- Tennis shoes, Chaco's, or Teva-type sandals
- 1 cap for warmth
- 1 cap for sun
- Bandana
- Toothpaste and toothbrush
- Small towel
- Sunscreen and lip balm with at least 25 spf
- Bug spray
- Flashlight or headlamp with extra batteries and bulb
- Sunglasses
- Swimsuit and towel for Friday's trip to the hot springs in town
- Lightweight mittens or gloves (optional)
- Small compact pillow (optional)
- Small pocket knife (optional)
- Camera (optional)
- Clean clothes for the trip home (optional)