

## What to bring/Packing List

### ESSENTIAL ITEMS

- \_\_\_ Sleep Bag or Blankets
- \_\_\_ Pillow and Pillow Case
- \_\_\_ Towel
- \_\_\_ Water Bottle
- \_\_\_ Toothbrush
- \_\_\_ Toothpaste
- \_\_\_ Other Toiletries
- \_\_\_ Light Jacket or Sweatshirt for Cool Evenings Outside
- \_\_\_ Shoes (tennis shoes or everyday comfortable walking shoes)
- \_\_\_ Comfortable Clothes for being active and maybe getting dirty
- \_\_\_ Sleeping garment
- \_\_\_ Swim suit
- \_\_\_ Flashlight (at least 1 per family)
- \_\_\_ Sunscreen/Hat

Please do not feel that these articles of clothing must be new. Old clothes will be ideal.

The following items may be taken, but are not required:

- \_\_\_ Books
- \_\_\_ Hand lotion
- \_\_\_ Cameras
- \_\_\_ Binoculars
- \_\_\_ Non- aerosol insect repellent

The following items are **NOT** to be taken Fit Quest Family Camp:

- Knives
- Firearms (guns)
- Alcohol
- Illegal Substances

Although you may bring **electronics** to Fit Quest Family Camp at your own risk, please keep in mind that Family Camp is a time to focus on family. Please limit the use of personal electronic devices and do not use them in common areas.