

**ROCK ON Adventure Ministries  
Personal Clothing/Equipment List  
Adventure Week**

**Minimum Clothing- Label your stuff!**

- |  |  |
|--|--|
| <input type="checkbox"/> Socks and Undergarments to last 5 days  | <input type="checkbox"/> Shorts for 5 days                               |
| <input type="checkbox"/> Sweat shirt/fleece  | <input type="checkbox"/> Tennis Shoes/Hiking Shoes                       |
| <input type="checkbox"/> Rain jacket and pants   | <input type="checkbox"/> Swim suit ( <b>modest one piece for girls</b> ) |
| <input type="checkbox"/> Cotton T-shirts for 5 days ( <b>no tank tops</b> )                              | <input type="checkbox"/> 1 pair of long pants ( <b>for hiking</b> )      |
| <input type="checkbox"/> 1 pair of jeans   | <input type="checkbox"/> Stocking hat                                    |
| <input type="checkbox"/> Bandana ( <b>you will need this</b> )   | <input type="checkbox"/> Hat--Cap or Cowboy                              |
| <input type="checkbox"/> Sandals <b>with straps or an old pair of shoes, (for water activities only)</b> |  |

**Dress Code:**

When it comes to clothing, pack items that are modest. To us this means that your swimwear adequately covers your body, your pants stay up, and we don't see your underwear. All girls should pack a one-piece swimsuit. Girls, short shorts are not conducive to the activities that we will be doing and they are distracting to those around you...please leave them at home. Clothing that advertises alcohol or tobacco products is not allowed. If you don't think something will be right for camp, you should leave it at home. If you're wearing something that is inappropriate, camp staff will ask you to change.

**Minimum Personal Equipment/Gear- Label your stuff!**



- 2 one-quart or liter wide mouth water bottles (w/ name)**

**\*\*\*\*\*Starting the Thursday before you come to camp, drink 2 of these water bottles full of water every day. We're not kidding (dehydrated campers=not a good thing).**

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|--|--|
| <input type="checkbox"/> Sleeping bag  |  |
| <input type="checkbox"/> large capacity daypack (school backpack or bigger—with nice straps...not the shoelace strap kind) |  |
| <input type="checkbox"/> Pillow  | <input type="checkbox"/> lip balm  |
| <input type="checkbox"/> Flashlight/ <b>headlamp (extra batteries)</b>   | <input type="checkbox"/> toothbrush and toothpaste                       |
| <input type="checkbox"/> Sunscreen and bug spray   | <input type="checkbox"/> <b>Bible and pen/pencil</b>                     |
| <input type="checkbox"/> Towel   | <input type="checkbox"/> Biodegradable soap and shampoo<br>(for showers) |
| <input type="checkbox"/> Teddy bear (optional)   | <input type="checkbox"/> Prescription medications                        |
| <input type="checkbox"/> Sunglasses  |  |

**\*\*\*\*\*Bring tennis shoes for wearing at the ranch as sandals will not be permitted to be worn...too many ankles have been rolled, scratched, or bitten!!!!**

**Optional Gear:**

Climbing gear, Hiking Boots, Mountain bike (talk to youth leader if you have one and are willing to bring it), camera, music/ipod/mp3 (**for use in the dark during the trip out and back only—you may NOT bring your cell phone as this device**).

**Do not bring:**

**CELL PHONE** , watch, alarm clock, flip flops, **tank tops** (the sun is way too intense and you will get fried) cats (domestic, wild, or otherwise) bad attitude, snacks (except for car ride).