

Packing List

Remember that in Colorado the mornings and evenings can be quite cool. Here is a list of what to bring and what to leave at home.

WHAT TO BRING:

- Bible & Pen/Pencil
- Pillow
- Sleeping Bag or Bedding/Blanket
- Toiletries (soap, shampoo, toothbrush, etc.)
- Medications (these will be stored with the camp nurse)
- Towel, Washcloth
- Shower Shoes
- T-Shirts
- Long Shorts (See Dress Code)
- Warm Jacket & Sweatshirts
- Jeans & Pants (at least 3 pairs)
- Socks
- Closed-Toed Shoes (at least 2 pairs)
- Poncho or Rain Gear
- Work Gloves
- Flashlight with New Batteries
- Tissues
- Hat or Bandana
- Sunscreen, Bug Spray, & Chapstick
- Big Water Bottle
- Any type of Medical Brace or Wrap you may use
- Copy of Your Medical Insurance Card
- Day Pack (See Below*)

WHAT YOU MIGHT BRING

- Cell Phones (there is no cell phone service while at camp)
- Guitar (if you wish to play along with the song leaders)
- Deck of Cards and Other Games
- Earplugs for sleeping at night (you will be sharing a cabin with others)

WHAT NOT TO BRING:

- A lot of junk food and energy drinks
- Drugs, alcohol, or tobacco products
- Knives or weapons of any kind (toy or not)
- More clothes than you can conservatively wear while there

Water Bottle - we ask that each camper drink at least 1 bottle of water on the way out to prevent altitude sickness. You will keep your water bottle with you throughout the camp and will be instructed to drink lots and lots of water!

**Plan to pack a small day backpack for the bus ride to LVR. Once the buses are loaded, you will not be able to get into your main luggage until we arrive at LVR. Remember to include in your backpack a water bottle, medications you may need, light blanket, personal items, snacks (for bus ride only), deck of cards, pillow, etc. You will use your day backpack at camp each day to carry your Bible, pen, camp book, water bottle and jacket/sweatshirt.*

SPENDING MONEY AND SNACKS (\$60-\$100):

There will be 3-4 meal stops on the bus ride for which you will be responsible to pay. You can pack a brown bag breakfast/lunch for the ride up to camp on Sunday. While at Lutheran Valley Retreat you will have the opportunity to use the Camp Store. At the Camp Store you will be able to purchase snacks and drinks for \$1 each. All food purchases must be consumed during that free time. There are also shirts, stickers, sweatshirts, hats, bandanas, water bottles, and much more. Items are priced from \$3 up to \$60. Upon arrival at LVR, all leftover snacks will be thrown away or stored at Moose Manor. **No food items are allowed in the cabins – including gum.** You will have the opportunity to purchase snacks for the trip home during the drive back.

DRESS CODE – WHAT NOT TO WEAR:

- All shirts must cover stomachs and bra straps.
- No short shorts. For safety reasons, shorts need to be longer for the ropes courses, service projects, and activities we will be doing.

You will be instructed to change clothing according to the discretion of the leadership.