



ST PAUL STAKE YOUNG MENS CAMP • JUNE 13-17, 2023

# GEAR LIST

## CLOTHING

- ☐ 2-3 pairs of shorts
- ☐ 1-2 pairs long pants
- ☐ Swimsuit
- ☐ 2-3 short-sleeved shirts
- ☐ 1-2 long-sleeved shirts (for cooler evenings)
- ☐ Sweatshirt or jacket
- ☐ 3-4 pairs of socks
- ☐ Underwear for each day
- ☐ Pajamas
- ☐ Gym shoes/sneakers (closed-toe shoes for ropes course/zipline)
- ☐ River shoes/Keens (closed-toe shoes that can get wet, for rafting)
- ☐ Raingear (poncho or coat)

## GEAR

- ☐ Canteen or water bottle with lid
- ☐ Headlamp or flashlight (with extra batteries)
- ☐ Rope (to hang wet clothes)
- ☐ Knife or multi-tool
- ☐ First aid kit

## PERSONAL ITEMS

- ☐ Towel & washcloth
- ☐ Shampoo & soap (in a container)
- ☐ Toothbrush & toothpaste
- ☐ Deodorant
- ☐ Mosquito repellent
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Aloe (for sunburns)
- ☐ Hand sanitizer

## SLEEPING EQUIPMENT

- ☐ Tent, tarp, hammock or bivy sack
- ☐ Sleeping bag and pillow
- ☐ Foam pad or air mattress—no cots

## OPTIONAL

- ☐ Hat (recommended to avoid ticks)
- ☐ Eyewear retainer (ex. Chums, to hold glasses on raft, ziplines, etc)
- ☐ Flipflops/sandals (for shower use)
- ☐ Fishing pole & gear
- ☐ Sunglasses
- ☐ Small/portable games
- ☐ Camera

**No cell phones, iPods, mp3 players, etc. at camp**

(you can have them on the drive, otherwise leaders will hold on to them)

Questions? Send to [umcamp@stpaulstake.org](mailto:umcamp@stpaulstake.org)