### Items to bring:

- Sleeping bag OR sheets and blanket for an extra-long twin bed
- Pillow
- Towel/Washcloth
- Toiletries and medications
- Comfortable/Active clothing & shoes (bring enough clothing for 4 days)
  
  Please Include:
  - 1 business casual outfit for final CAMP presentation
  - Socks
  - Underwear
  - Sleepwear
  - Sweatshirt/Long sleeved T-shirt (it may be cool in the evenings or inside buildings)
  - Rain Gear (jacket, poncho, umbrella)
  - Revealing, short or tight-fitting materials/apparel is not appropriate

- Flashlight
- Shower shoes
- Hat/Sunglasses
- Backpack or small bag
- Sunscreen
- Reusable water bottle
- Plastic bags for your dirty clothes

### Optional:

- Watch
- Camera
- Alarm clock
- Earplugs
- Money for souvenirs/snacks

### Don’t bring:

- Fireworks/Matches
- Radio/iPod/MP3 player/Electronic games
- Knife/Weapons
- Drugs/Alcohol
- Laptops/iPads

### Helpful hints for packing:

1. **PUT YOUR NAME ON EVERYTHING.** CAMP is not responsible for any lost or stolen items.
2. Keep in mind that temperatures in Alabama in July will be hot and humid.
3. Look at the weather for the week before you pack.