



Participant Packing Guide

Items to Bring:

- Comfortable/active clothes and shoes (enough for 5 days)
- 1 business casual outfit for final CAMP presentation (nice pants/khakis, dresses, polos, button-downs, etc.)
- Socks
- Underwear
- Sleepwear
- Sweatshirt/long-sleeved T-Shirt (it may be cool in the evenings or inside buildings)
- Rain Gear (rain jacket, poncho, & umbrella)
- Sleeping bag OR sheets and blanket for an extra-long twin bed
- Pillow
- Towel/Washcloth
- Toiletries and medications
- Flashlight
- Shower shoes
- Hat/Sunglasses
- Backpack or small bag
- Sunscreen
- Reusable water bottle
- Plastic bags for your dirty clothes

Revealing, short or tight fitting material/apparel is not appropriate for CAMP.

Optional:

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

What NOT to Bring:

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

Helpful Tips 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.