



## SUGGESTED PACKING LIST

### **Bedding and Bath:**

- \*\*Sleeping bag or
- \*\*Sheets/blankets for twin bed
- Pillow/pillowcase
- Bath towel(s)/washcloth(s)
- Beach Towel(s)
- Toiletries (*soap, shampoo, feminine products including Motrin, Midol, Ibuprofen if needed— We run out of extras every year!*)

### **Clothing:**

- Underwear
- Socks
- Sleepwear (PJ's)
- Jeans
- Shorts (modest- mid-thigh and fingertip length)
- Shirts (modest-no spaghetti straps)
- Sweatpants/sweatshirt
- Bathing suit(s) (modest- no belly showing)
- Jacket
- Sneakers/sandals
- Pool/shower shoes or flipflops
- Cleats (optional)
- Hat (optional)

### **Personal items:**

#### **\*\*\*Reusable water bottle – REQUIRED**

- Prescription medications (if any)
- Glasses/contact lenses
- Flashlight/batteries
- Sunscreen
- Bug spray
- Sunglasses (optional)
- Camera (optional)
- Goggles/earplugs (optional)
- Tennis racket/balls (optional)
- Hand sanitizer
- Playing cards/board games/crafts/rainy day activities

### **Money:**

Small amount for snack-bar (optional)- Camp Lakota and Lake Champion only

### **Spiritual weapons:**

- Rosary
- Bible (optional)
- Notebook/pens

### **What NOT to bring (see rules\*):**

- Cell phones (except chaperones and Religious/clergy)-Office phone is available.
- I-Pods
- Video Games
- Other electronic devices
- Skateboards
- Cigarettes and/or e-cigarettes and the like
- Alcohol
- Weapons of any kind (including pocket knives)
- Illegal drugs
- Illicit material
- Any materials akin to Tarot Cards etc.

***\*Will be confiscated.***

**Note: Camp Veritas will not be held responsible for Camper belongings.**

**\*\* Bedding Note:** *The Lakota camp is in the mountains and it is quite cold outdoors at nights (50 degrees). The cabins are not heated. Make sure you bring adequate bedding to keep warm. Lake Champion in Glen Spey does NOT have air-conditioned bunks. A small fan may be useful, however electronic outlets are in short supply in the cabins.*

*Bedding is provided at Clongowes Wood College, Kildare Ireland. Lake Placid Camp in Florida and Summit Lake Camp in MD have air-conditioned sleeping quarters.*