

## Packing for TGC Adventure Camp – 2024

Ages 8-11, July 15<sup>th</sup> - 19<sup>th</sup>

### What to Bring:

- Any **medication** your child needs to take – which will be given to our Health Manager when you check in. Inhalers and epi pens stay with the camper, but the office will need to know about them.
- **Toiletries** (toothbrush and toothpaste, brush, shampoo, etc.)
- **Bedding:** a pillow and either a sheet and blanket or sleeping bag. Children sleep on their own individual bunk bed mattress. The mattresses are plastic coated.
- **Bathing suit and towel** (we recommend two towels)
- **Running shoes** for field games
- **Long pants** for cold weather (evening activities can be chilly)
- **A refillable water bottle** labelled with your child's name
- A variety of clothing for various weather conditions: shorts, t-shirts, warmer shirts and pants, as well as pajamas. Cabins are usually quite warm in the evenings.



### Optional:

- A hat
- Sandals or flip flops
- Bug spray and sunscreen (we do not provide this for campers)
- Some children like to bring an outfit with darker clothing for our night game of Mission Impossible.



### Extra Fun

We have two themed meals where we encourage kids to dress up but it is optional.

One is a **costume meal** – stick to positive images.

The other is our **dress up banquet**. We encourage our campers to dress their best and talk about walking in a good way with a strong character. Campers can wear dress shirts and ties, ribbons skirts or dresses, or simply wear something nice that makes them feel good about themselves. We always have a few extra items at the camp for campers so that everyone is able to participate. Often our boys learn how to tie a tie.

**Please note:** Trossachs Camp Meeting Association will not be responsible for any lost or damaged belongings.

**We encourage campers to leave all technology and money at home. Campers will not be able to keep cell phones in cabins with them – they will be locked up and stored at the office. Video game systems are also not allowed. Please do not send items like energy drinks.**

Each cabin has night lights.

