

Packing for TGC Teen Camps – 2024

What to Bring:

- Any **medication** your teen 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. Campers sleep on their own individual bunk bed mattress. The mattresses are plastic coated.
- **Bathing suit and towel** (*we recommend 2 towels*)
- **Running shoes** for field games
- **Sandals or flip flops**
- **A labelled, refillable water bottle**
- **Long pants** for cold weather (evening activities can be chilly)
- 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:

- **Bug spray and sunscreen** (we do not provide this for campers)
- **A hat**
- We play a number of night games in which our campers usually prefer to wear **dark colored clothing** so they are not as likely to be caught.
- We have one **“Banquet Night”** where we encourage the entire camp to dress up – whether that is a dress, a nice shirt, a tie, etc.
- Flashlights. They are useful for some games, but not necessary.



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. Vehicle keys will also be locked up at the office. Video game systems are not allowed.

We provide full meals, an evening snack, and opportunity for afternoon canteen. Please do not bring energy drinks.

Each cabin has night lights so campers are not sleeping in pitch dark.