



ESSENCE OF BEING

WHAT TO BRING

**See Below

Clothes:

- 1 swimsuit and cover-up or robe
- 3 pairs of comfortable shorts
- 3 pairs of jeans, long pants or sweatpants
- 6 pairs of underwear and socks
- 6 T-shirts
- 1 heavy jacket
- Lightweight plastic poncho or raincoat with hood
- 1 lightweight jacket
- 1 sweater and/or sweatshirt
- Running shoes/cross trainers/sneakers
- Hiking boots (or sneakers that can be hiked in)

Hygiene Kit:

- Shampoo
- Soap
- Toothbrush, toothpaste
- Deodorant
- Contact lens solutions (if applicable)
- 2 lightweight bath towels and wash cloths
- Feminine products (if applicable)
- Vitamins and prescription medication **

Survival Gear:

- Sunscreen
- Reusable water bottle
- Insect repellent
- Flashlight with new batteries and extra batteries
- Plastic bag for dirty laundry

Sleeping Gear:

- Medium weight sleeping bag
- Pillow
- Two pillowcases

Optional:

- Cell phones **

NOT TO BRING:

- Alcohol, tobacco and illegal drugs
- Electronic games
- Radios and boom boxes
- Expensive or valuable (heirloom) jewelry

** (NOTE) Kid Power Camp will not distribute over the counter pain, allergy relievers, cough, or cold remedies; please bring your own. A well-being person is on site 24-7 to distribute personal prescriptions and for first aid purposes.)

**Cell Phones do not get service in the mountains typically

