

# Equipment & Clothing List

Ritual

LEADERSHIP NOTEBOOKS (consult Mother Advisor for your assembly's books)

Sleeping bag (air mattress optional, twin size only)

Pillow

Pajamas & Robe

Sunglasses

Tennis Shoes (we recommend 2 pairs)

Tennis shoes are the preferred footwear. Open shoes such as flip flops, sandals, Crocs, etc. may be worn at your own risk due to the presence of poison ivy, uneven ground and other hazards that can cause health concerns. Illinois Rainbow Leadership Camp is not responsible for any illness or injury resulting from wearing open footwear.

Swimsuit & beach towel (hair ties-hair must be tied back for swimming)

Towels & wash cloths for a week

Socks (one pair for each day)

T-shirts, shorts, & underwear (enough for every day)

Jeans, sweatshirts, and jacket for cold nights

Personal hygiene stuff (toothbrush, toothpaste, hairbrush/comb, soap, shampoo, deodorant, pads/tampons, etc.)

Bug spray,

Sunscreen (must be waterproof, no oils allowed in the pool)

Raincoat and/or umbrella

Flashlight with extra batteries

Pennies for GWA night

Paper, pen, envelopes, stamps

Plastic cup or bottle for water

Garbage bags (enough to keep **ALL** of your stuff dry in case it rains)

PMA-Positive Mental Attitude!!!

(if needed) Prescription medicines/inhalers etc. (a week's supply must be turned in to the nurse)

(optional) Bible

(optional) Camera/film

(optional) Walkman, boom box with headphones, CDs

(optional) Money for concession card (\$5.00), camp picture (\$6.00 last year), camp pin (\$3.00)

(optional) Musical instrument for Music workshop

(optional) Pictures, etc. for the optional scrapbook workshop

\*\*You will notice that food, candy, and beverages aren't listed – Don't bring them, we'll have plenty!!!

**Cellular phones, pagers, laptops, & PDAs are highly discouraged. If you bring these items to camp, they must be turned in upon arrival to be kept by the staff for the duration of camp.**