

# Things to Bring to Rainbow Camp

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

Ritual

Paper, pen, envelopes, stamps

Plastic cup or bottle for water

Business Books

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

PMA-Positive Mental Attitude!!!

(if needed) Prescription medicines/inhalers etc. (completed health form must be turned in to the nurse)

(optional) Bible (optional) Camera (optional)

Money for concession card (\$7.50), camp picture (\$4.00), roll of pennies for a camp activity

The use of electronic devices (cell phones, computers, gaming devices, etc.) is discouraged while at camp. The camping environment is not well suited for electronics. Rainbow Camp is not responsible for loss, damage, misuse or excessive use of electronic devices. Cell signal for most carriers is weak and power supply is limited.

Use of cell phones (calls, texting, e-mail, etc.) will be permitted **ONLY** from 7:00 – 8:00 AM and 9:00-10:00 PM each day. Cell phone use outside the permitted times will result in one warning, with subsequent use resulting in them being taken away for the remainder of the camp week and returned upon departure from camp. Other electronic devices (MP3 players, gaming devices, etc.) may be used free time but may not be used during planned camp activities.

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