

## West Virginia Wilderness Camp Supply List

A good way to pack is to use a plastic tub or tote.

- \_\_Your Bible, a notepad, pen/pencil
- \_\_Sleeping bag, pillow, maybe an extra blanket: It can get very cool at night.
- \_\_Air mattress or sleeping pad: The ground is hard.
- \_\_Flashlight, extra batteries
- \_\_Trash bags, at least two: One is for dirty clothes, the other is for wet/muddy caving clothes.
- \_\_Enough clothes for 5 days
- \_\_Sweatshirts, maybe a jacket: It can be very cool at night and first thing in the morning.
- \_\_Shoes: Bring at least 2-3 pairs for shoes, they will get wet. Sturdy tennis shoes are needed for rappelling. Sturdy shoes are needed for caving (will get wet and muddy). Flip-flops are okay around camp and are recommended for showering, but not for any activity.
- \_\_Modest swimsuit and dark t-shirt to cover: Both girls and boys must wear t-shirt.
- \_\_Rain gear: Water proof jacket, poncho, etc: We pray for good weather, but keep on going regardless.
- \_\_Caving clothes: Long pants, long-sleeved shirt: Synthetics are best, cotton is not because it holds water and you will get wet in the cave. Wool socks are great, your feet will get wet and wool will keep your feet warm. It is about 55 degrees inside the cave. Toboggan (optional). Solid shoes as you will be climbing over rocks. Try Goodwill or second-hand stores for great buys!
- \_\_Cave gear: Knee pads (climbing on rocks), elbow pads (optional), gloves (good choice are the cheap ones with the rubber on the palms/fingers), old back pack (for your lunch and water inside the cave; waterproof, if possible). This pack will get wet and muddy!
- \_\_White water clothes: Modest swimsuit with a dark t-shirt over it are required. Water shoes or old tennis shoes: These will get wet!
- \_\_Old pack: for carrying your personal stuff during the day. An old book bag is great. This is *not* the same pack you carry in the cave!
- \_\_Reusable Water bottle
- \_\_Personal toiletry items (soap, shampoo, toothbrush, toothpaste, etc): There are pit toilets at the camp site and running water. Showers are a short hike so bring something to carry your stuff.
- \_\_Bug spray
- \_\_Towels, wash cloths: **BRING MORE THAN ONE!** Most of the time it is hard to get towels dried out on a clothesline.
- \_\_Camera (not required)
- \_\_Lawn chair: **RECOMMENDED!** We sit around the camp fire. If you don't bring a chair, you wind up on the ground. Put your name on it!
- \_\_Medication you need to take: Please give it to the camp nurse.
- \_\_Money for two fast food lunches: One on the way down, one on the way back. Extra money for a snack; if we stop on our adventures, is okay as well.

### THINGS NOT TO BRING

- CD/DVD player, radio, video gamer, cell phones, iPods, etc
- Any weapon of any kind
- Clothing with any inappropriate message or pictures

Revealing or tight fitting clothing-NO UNDERGARMENTS SHOULD BE VISIBLE

Shorts shorter than fingertip length

Drugs, alcohol, tobacco

Tents (we supply tents and ground cloths and tarps)

**ALL WAKATOMIKA CHRISTIAN SERVICE CAMP RULES APPLY IN WEST VIRGINIA!**