

## Packing List

### Required things to pack:

- Workout attire
- Gym bag
- Grips (if your child uses them)
- Extra recreational clothing such as shorts, t-shirts, tennis shoes
- Sweatshirt OR light jacket for cooler mornings or evenings
- Bathing suit, beach towel, **sunscreen**, and flip flops
- Toiletries
- Bath towel and washcloth or loofah
- Shower shoes (flip flops would be fine)
- All bedding of choice: twin size sheets and blanket or a sleeping bag to put on top of the bed (bedding is not provided)
- Pillow
- Bug spray
- Poncho or Umbrella
- Shoes to hike in (tennis shoes are fine)
- Flashlight
- Clothes for the karaoke/dance night- **“Favorite Movie”** theme
- Clothing for “dirtier” activities such as paintball and mud tug-of-war
- Anything campers might want to use in their skits on Thursday night (optional)

Remember, many activities take place outdoors, thus we are subject to weather. Please be sure your child packs clothes for a variety of elements (cold, rain, etc.) and plenty changes of clothes.

### Some **optional** items:

Calling card, goggles for the lake, disposable camera, combination lock (lockers are provided in each cabin for small personal items if needed)

### Items **not allowed** at camp:

- **Cell phones**, laptop computers, or any handheld video games that can connect to wi-fi
- Outside food, candy, or drink (other than water) - this is only to control the pests in the cabins
- Heely roller shoes (we are on gravel!)

\*\*Please mark all belongings with your child's initials in a permanent marker. Once your camper's week has ended, all lost and found items are donated to Goodwill and cannot be mailed back. Flip Fest is not responsible for lost or stolen items.