

### What to bring to camp:

- Sleeping Bag or Sheets and blankets (It can get pretty cold at night)
- Pillow with pillow case
- Toiletries
  - Shampoo
  - Soap
  - Toothpaste
  - Deodorant
  - Hair brush or comb
  - Sunscreen (Minimum SPF 20)
  - Bug Spray or lotion
- Towel
- Modest Swim Suit (Optional but we often play in the creek)
- Water shoes or flip flops for bathhouse or creek
- Closed Toed Shoes (A must for climbing, hiking or high ropes course)
- Flashlight with extra batteries (Optional)
- Appropriate Outdoor Clothing: Tee shirts, blouses, shorts, underwear, socks, pants, outdoor shoes, for a lot of hiking and playing, rain gear, jacket, sweatshirt, and or fleece. Please pack clothing that can get dirty. We often play in the creek and have messy fun with crafts! It is usually cool in the morning so a layering strategy is usually best.
- Be sure all items have your camper's name clearly printed on them.
- Any necessary prescription medication (must be declared and logged with the camp staff on the day of check in)

### Additional Recommended Items to bring:

- Sunglasses and or Hat
- Sunscreen
- Journal or Art Pad with pen or pencil for reflection or letter writing
- Water Bottle or camelback style day pack for hiking

### What NOT to bring to camp:

- Food
- Computers, Video Games, or DS
- CD Players or MP3 Players
- Knives or Weapons
- Perfumes or smelly lotions
- Extra Money
- Cell Phones (There is no reception in the canyon)

#### NOTE:

*Please limit valuable articles brought to camp. Rockhaven does not take responsibility for lost or damaged clothing or personal items. Choose clothes that can get dirty. Please label everything clearly.*

*If you have packing questions or concerns, please email the Director, Scott Thrasher at [scott@rockhavencamp.org](mailto:scott@rockhavencamp.org) or call him at 406-586-9194.*