

THINGS TO PACK:

- Towels, washrags, essential toiletries. Shower shoes are also HIGHLY recommended.
- A sleeping bag (or bedding, sheets and a lightweight blanket.) Your child must be able to make his/her own bed. Because of this, we recommend a sleeping bag. Please also send a pillow if your child needs one.
- **Sunscreen (a must)** - please also make sure she knows how to apply it (and how often)
- Flashlight and bug spray (optional)
- Clothing: Swimsuit(girls – one piece)/Shorts/t-shirts/underwear/pajamas/socks and tennis shoes (Tennis shoes are a must for some of the camp activities.) Girls should wear a one-piece swimsuit or a rash guard/t-shirt over a two-piece swimsuit. It really works best if you can label the clothes with at least their initials on the tags. You would be surprised at how many children do not recognize the items they bring. This will help us identify and return them to their rightful owner. It's also helpful to pack the day's clothes in separate bags labeled "Day 1" "Day 2," etc. This helps the children remember to change their clothes.
- Bible, pen and notebook
- Water bottle with your child's name on it. We spend most of our time outdoors. The camp is very good at providing water stations, but we also encourage the kids to take a water bottle with them wherever they go.
- Life jacket (optional) - We will be going to the pool every day. There is both a shallow and a deep end. Each child must pass a swim test, given by the camp lifeguards to be able to swim in the deep end. But, if Amrie does not swim and would feel more comfortable wearing a life jacket or flotation device in the shallow end, then please send one.
- Money for the Gift Shop (optional) - There is a small gift shop, if your child would like to purchase a t-shirt or camp souvenir. Most of the items cost between \$12-\$15. This is TOTALLY optional. Woodland camp also has an [online store](#), if you would like to have care package sent to your child while we are there.

THINGS NOT TO PACK:

- **Please do not send cell phones or electronic devices.** If you need to contact Amrie during that time, please call me or one of the staff members who will be traveling with us. We ask this for the safety and privacy of the kids. Pictures can be shared much too easily these days, and young children cannot always be discerning about what is funny and what is harmful. Please like our [BHBC Kids Facebook Page](#). We will post tons of pictures throughout the week. If you don't see a picture of your child, just drop us a comment and we'll capture one for you.
- **Please do not send medications in your child's luggage.** All medications must be checked in with the medical professional traveling with us. Children are not permitted to transport any medications themselves. This is for the safety of all children. The only exceptions may be for inhalers and/or EPIPens. If your child has a life-threatening allergy or condition that would require her to carry these on her person at all times, please discuss that with the medical professional during check-in.