



## Ski Camp Packing List



Remember to bring your God-given beauty, dominion, and strength!

### Lesson Books

- The Bible & *Science Health with Key to the Scriptures* by Mary Baker Eddy with markers, if possible
- C.S. Quarterly Bible Lessons
- Bible Lesson print-out for each week of camp (optional)

### Modest, Practical Clothing for Camp & Lake

- 6-8 modest shorts and t-shirts that cover the midriff and underwear
- 6-8 pairs of socks and underwear
- 1 pair of closed-toed shoes
- 1 pair of flip-flops or slide shoes that float
- 3-4 pajamas or nightgown, one for cooler evenings
- 1-2 short-sleeve rash guards with SPF sun protection
- 1 raincoat or poncho
- 1 sweatshirt\* and/or warm jacket
- 1 pair sweatpants\*
- 1-2 pair jeans or pants
- 3+ swimming suits. Modest, please.

### Swim Suit Guidelines

Leave at home any suits that are designed to show cleavage, that could fall off while skiing, or that could otherwise be a distraction. Aim for modest, practical suits will stay in place during a fall and that cover you well. Girls should have at least two 1-piece athletic suits. A third suit could be a well-secured tankini that covers the *entire* midriff. No bikinis. Boys' suits: no racing briefs/Speedos. Boys' shorts should not sag excessively to show underwear.

Any messaging on clothes should be supportive of CedarS standards and should be respectful and uplifting.

*Items with an \* are available in the camp store for a charge.*

*If fulfilling this list presents a hardship, please contact the office. We are happy to connect you with support.*

### Linens

- 2 sheets (top and bottom) for a single bed
- Laundry bag
- 1 pillow and case
- 2 warm blankets
- 3 towels and 2 washcloths

### Miscellaneous

- Toiletries- toothbrush, toothpaste, deodorant, comb/brush, soap, shampoo/conditioner, lotion
- Sunscreen
- Bug spray
- Sun visor or hat\*
- Sunglasses
- Water bottle\*
- Flashlight with batteries\*
- 3-4 Ziplock bag(s) for wet items
- Optional: book to read, journal

### Bring at Your Own Risk

- Personal ski equipment including gloves and helmet
- Electronics (will be collected, as well as cash, plane tickets, and other valuables, on opening day and kept safely in the office until checkout)

### Prohibited Items

Gum, pets, graffiti, weapons/knives, pornography, alcohol, cigarettes, e-cigs, juuls/vaping devices, and drugs of any form.