



Camper Packing List

Following are the items that campers should pack for Resonate Camp. As a general rule of thumb, they don't need half of what you think they need. There is no need to pack any formal "Sunday Best" clothing at all. Remember that you are essentially packing for only four days, or five if your camper wishes to freshen up after arrival on Monday. So all of that aside, here's the list:

- Casual clothing
- Modest swimsuits (one-piece for girls)
- Light jacket
- Lake shoes (not required)
- Sleeping bag or sheets and blanket for a twin size bed
- Pillow
- 2 towels and washcloths
- Toiletries – soap, shampoo, toothbrush, toothpaste, deodorant, etc.
- Haircare products
- Laundry bag for dirty clothes
- Prescription medications
- Sunscreen
- Flashlight
- Camera (optional)
- Spending money

You may notice that two items are conspicuously missing from this list. One is their phone (or any other electronic device). Campers may choose to bring their phones for the journey but sponsors will be asked to collect them upon arrival. Resonate is a week to unplug from electronics and plug in to the real power source. Also, neither the sponsors nor Resonate Kids, Inc. will be held responsible for any personal electronics that are lost or damaged while at camp. So our recommendation is that they not bring phones at all, but if they do, they will be held by the sponsors during camp.

The other missing item is the Bible. This seems *really* strange given the nature of Resonate Camp. We are no longer listing it as a packing list item because Bibles tend to get left at chapel or on the grounds, or in the bunk upon departure. All scriptures that are referenced during the teaching times will be shown on the screens. Any camper is, of course, welcome to bring a Bible but there are no times set aside for personal Bible study. The camp will provide Bibles if/when there are small group breakout sessions. So the bottom line is: it's your call, but they don't have to bring a Bible to Resonate. Don't worry though – they'll hear and see the Word all throughout their time at Resonate.

Place prescription medications in a Ziploc bag and label it with the camper's name, group, and dosage. Prescription medications must be in the original bottle with only the amount needed for the camper's stay at camp. All inhalers, nasal sprays, and EpiPens must be in the prescription box and labeled. Expired medications will not be accepted. Also, campers may not bring over-the-counter medications. Medical staff will dispense all OTC medication as needed. If an exception should be made for a camper taking antihistamines or similar medications then provide a signed and dated doctor's note and the nurse will consider it.

Some items *not* to bring are: over-the-counter medications (unless provided to the nurse), prank or gag materials, clothing with vulgar or suggestive slogans, comics or magazines, water guns or balloons, weapons of any kind, fireworks, tobacco, drugs or alcohol. Bottom line with the "what not to bring" list is: use common sense.