



OUR LADY OF MT. CARMEL

Explore Camper Packing List

ALL EXPLORE CAMPERS WILL NEED THE FOLLOWING ITEMS:

- ☐ Backpack
- ☐ Water Bottle
- ☐ Extra set of clothes to be left at camp for the week (please have this in a bag with the camper's name on it).
- ☐ Bug & Tick Repellant
- ☐ Sunscreen
- ☐ Sweatshirt or Light Jacket
- ☐ Swimsuit (suit must cover like a traditional one-piece or t-shirt must be worn)
- ☐ Towel
- ☐ Plastic Bag for Wet Clothes
- ☐ Blanket, or seat cushion for sitting outside
- ☐ Shoes with a back for swimming (no flip flops for swimming)
- ☐ Paper & Pen/Pencil
- ☐ Mask if desired or in the event they are required by local regulations.

OPTIONAL ITEMS

- ☐ Sunglasses – Optional, but highly recommended
- ☐ Hat – Optional, but highly recommended
- ☐ Disposable Camera(s)

IF NEEDED (Clearly label with camper's first and last name)

- ☐ Inhaler
- ☐ EpiPen
- ☐ Medications-include dosage amount and time

DO NOT BRING

- ☐ Valuables
- ☐ Cell Phones (High School campers that are driving themselves may leave their phone in their car)
- ☐ Smart Tech (Apple Watch, Fit Bit, etc.)
- ☐ Magazines
- ☐ Food, Snacks, Candy, or Gum
- ☐ Weapons or Fireworks
- ☐ Illegal Drugs or Alcohol
- ☐ Knives or Tools
- ☐ Personal Sports Equipment



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Additional Packing Information For All Ages of OLMC Campers

Please label everything with your camper's name!

All **Medications** (both prescription and over the counter) must be turned in to the camp staff when checking in. Medications must be in their original containers with camper name and dosage instructions printed on them. Special arrangements will be made to have medications readily accessible for any camper needing rescue meds such as inhalers and EpiPens.

Personal Sports Equipment, which includes items such as archery equipment, climbing gear, and other other equipment should not be included in packing as all of the equipment needed during camp will be provided by camp.

All meals and snacks are provided by camp. No outside food or drink may be brought in unless dietary needs must be met. Pre-approval is required.

Domesticated animals should not be brought to camp, even during drop-off/pick-up. If you have questions about a Service Animal, as defined under title II and III of ADA please contact us.

It is important to pack **clothes** that will be comfortable, safe, modest, and appropriate for athletic activities. Our Camps require an abundance of physical activity. We want to focus on deepening our faith and enjoying our outdoor adventure, and not on one another's clothes.

- Shoes must have closed toes and a strap around the back. They should be comfortable for running and hiking.
- Manufactured sleeveless shirts are allowed.
- A minimum of a 2" inseam on all shorts required. *It is more comfortable and modest to have longer shorts for ropes activities.*
- Spandex should only be used as a base layer.
- Clothing that promotes non-Christian values will not be permitted.
- Cologne (attracts insects), make-up, and jewelry (is easily lost or broken) need to be kept to a minimum.
- Good hygiene is also important; deodorant use and showering are strongly encouraged.

ALL BAGGAGE IS THOROUGHLY CHECKED UPON ARRIVAL TO ENSURE A FUN, SPIRIT-FILLED, AND SAFE CAMPING EXPERIENCE FOR ALL.

Lost and Found items are returned to the camper whenever possible. Please make sure that all of your camper's items are clearly marked with first and last names. Lost and found is available for parents to look through at pick-up on site. Any unclaimed items will be held for one week and then donated.