
















# OLMC CAMPER PACKING LIST – SUMMER 2025

Please label **everything** with your camper's **first & last name** to help us keep lost and found small!



## ALL CAMPERS WILL NEED:

-  Water Bottle
-  Bug & Tick Repellent
-  Sunscreen
-  Swimsuit
-  Notebook + Pen/Pencil
-  Towel (for water activities)
-  Casual, Comfortable Clothes
-  Pants (for cooler weather)
-  Rain Jacket
-  Sweatshirt or Light Jacket
-  Close-Toed Shoes
-  **Close-Toed Water Shoes with a Back** (*no flip-flops for water activities*)
-  Plastic Bag (for wet clothes)



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## OPTIONAL BUT RECOMMENDED ITEMS:

-  Sunglasses
-  Hat



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## IF NEEDED (LABEL WITH CAMPER'S NAME):

- Prescription/OTC Medications – *Include dosage & timing*
- Inhaler
- EpiPen




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## PLEASE DO NOT BRING:

-  Valuables
  -  Cell phones or smart tech (Apple Watch, FitBit, etc.)  
*Camp staff will handle any necessary camper-parent communication*
  -  Magazines
  -  Food, snacks, candy, or gum
  -  Weapons, knives, tools, or fireworks
  -  Illegal drugs or alcohol
  -  Personal sports equipment (*All provided by camp*)
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## **EXPLORE CAMPERS – ALSO BRING:**

- Backpack
  -  Extra set of clothes (left at camp for the week in a labeled bag)
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## **OVERNIGHT CAMPERS (VENTURE) – ALSO BRING:**

-  Toiletries: Toothbrush, Toothpaste, Deodorant, Shampoo, Soap, etc.
  -  Bath Towels & Washcloths
  -  Clothes that can get muddy
  -  Sleeping Clothes
  -  Sleeping Bag or Bedding (Venture campers: fits a twin bed)
  -  Large Trash Bag (to pack up bedding at week's end)
  -  Flashlight
  -  Pillow
  -  Shower Shoes (Sandals, Flip-Flops, or Crocs for showering only)
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## **ADDITIONAL PACKING INFO FOR ALL OLMC CAMPERS**

 **Label everything with your camper's full name!**


 **Medication Policy**

All **prescription and over-the-counter medications** must be turned in at check-in. Medications must:

- Be in their original containers
  - Have the camper's name, dosage, and instructions clearly labeled  
*Inhalers, EpiPens, or other rescue meds will be kept readily accessible.*
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## **Food & Drinks**

All meals and snacks are provided by camp.

 No outside food or drink is allowed unless it's medically necessary (requires **pre-approval**).

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## **Animals**

No domesticated animals at camp—even at drop-off or pick-up.

Please contact us in advance if your camper has a **service animal** as defined by the ADA.

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## **Clothing & Hygiene Guidelines**

- Shoes must have **closed toes and a back strap**, and be comfortable for hiking and running
  - **Cologne, makeup, and jewelry** should be minimal
  - Campers are expected to maintain **good hygiene**: deodorant use and daily showers are important!
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## **Modesty at Camp**

We affirm the virtue of modesty (CCC 1832, 2521–2522) as an expression of respect for our God-given dignity.

We ask all campers and staff to:

- Dress modestly and respectfully
- Choose clothing that covers the chest and midriff in normal daily movement
- Avoid excessively form-fitting clothing or visible undergarments
- Only wear sleeveless shirts that do not expose sides or undergarments

- **Ladies:** Wear one-piece or tankini suits that fully cover chest and behind (or wear shorts/shirt over suit)
- **Gentlemen:** Swim trunks should be worn for water activities
- Shorts and swim trunks should be **fingertip length** or longer

 Campers may be asked to change clothing if not in line with our guidelines. We appreciate your help in avoiding any embarrassment by checking bags before arrival!

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### **Lost & Found**

Please label **everything!**

Lost items will be available for pickup at the end of camp. Unclaimed items will be held for one week, then donated.

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### **Let's Pray!**

As we prepare for a summer of fun and faith, let's join in praying to the **Holy Spirit**—that all our campers and staff experience a **joy-filled, safe, and Spirit-led** week together!