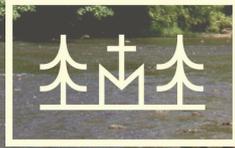


# OUR LADY OF MT. CARMEL PACKING CHECKLIST



Summer Camp 2026

## ALL CAMPERS WILL NEED:

- |  |  |
|--|--|
| <input type="checkbox"/> Water Bottle  | <input type="checkbox"/> Casual and comfortable clothes (see below for more info)    |
| <input type="checkbox"/> Bible (Old and New Testament) - NABRE and RSVCE are most common. Place Bible in a Ziplock bag to help protect it. | <input type="checkbox"/> Pants in case of cold weather                               |
| <input type="checkbox"/> Bug and tick repellent  | <input type="checkbox"/> Rain Jacket   |
| <input type="checkbox"/> Sunscreen   | <input type="checkbox"/> Sweatshirt or light jacket                                  |
| <input type="checkbox"/> Swimsuit (see below for more info)  | <input type="checkbox"/> Close-toed shoes (with a strap securing the back)           |
| <input type="checkbox"/> Notebook and pen/pencil   | <input type="checkbox"/> Close-toed shoes that can get wet (see below for more info) |
| <input type="checkbox"/> Plastic bag for wet clothes   |  |

## OPTIONAL BUT RECOMMENDED ITEMS

- |   |  |
|---|--|
| <input type="checkbox"/> Sunglasses                             | <input type="checkbox"/> Hat   |
| <input type="checkbox"/> Blanket or cushion for sitting outside | <input type="checkbox"/> Disposable camera   |
| <input type="checkbox"/> Chapstick                              | <input type="checkbox"/> Stationery, stamps & envelopes (with your address pre-written suggested) - Not sold at camp |
| <input type="checkbox"/> Rosary                                 |  |

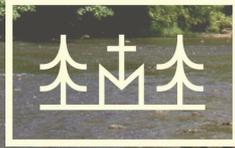
## IF NEEDED - CLEARLY LABEL WITH CAMPER'S FIRST & LAST NAME

- |  |                                  |
|--|----------------------------------|
| <input type="checkbox"/> Medications - include dosage amount & time (see below for more details) | <input type="checkbox"/> Inhaler |
| <input type="checkbox"/> Toothbrush & toothpaste   | <input type="checkbox"/> EpiPen  |

## PLEASE DO NOT BRING

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Valuables</li><li>• Cell phones or smart tech (Apple Watch, FitBit, etc.).<ul style="list-style-type: none"><li>◦ Our staff will help with any necessary communication between you and your camper.</li></ul></li></ul> | <ul style="list-style-type: none"><li>• Magazines</li><li>• Food, snacks, candy, or gum</li><li>• Weapons, knives, tools, or fireworks</li><li>• Illegal drugs or alcohol</li><li>• Personal sports equipment (all will be provided by camp)</li></ul> |
|---|--|

# OUR LADY OF MT. CARMEL PACKING CHECKLIST



Summer Camp 2026

## EXPLORE DAY CAMPERS WILL ALSO NEED:

- Backpack
- 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)

## OVERNIGHT CAMPERS MAY ALSO NEED:

- At least one set of clothes that can be used in mud
- Bath Towels and washcloths
- Flashlight
- Pillow
- Shoes for showering (Sandals/Crocs)
- Toiletries (includes toothbrush, toothpaste, deodorant, shampoo, body soap, etc.)
- Sleeping bag OR bedding to fit a twin bed
- Large trash bag to bring bedding home
- Sleeping clothes

## 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 amount and time printed on them. Special arrangements will be made to have medications readily accessible for any camper needing rescue meds, such as inhalers and EpiPens.

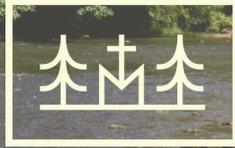
**All meals and snacks are provided by camp.** No outside food or drink may be brought in unless dietary needs must be met. Pre-approval is required.

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

**Clothing** - Our camp requires 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.
- 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.

# OUR LADY OF MT. CARMEL PACKING CHECKLIST



Summer Camp 2026

**Modesty** - We at OLMC arm that modesty is a virtue and a fruit of the Holy Spirit (CCC 1832) which helps men and women to respect the God-given dignity, meaning, and goodness of the human body. It guides the way we see, think, and act towards ourselves and others. It "protects the intimate center of the person. It means refusing to unveil what should remain hidden" (CCC 2521).

- The virtue of modesty "inspires one's choice of clothing" (CCC 2522).
- We all can live this with the help of the Holy Spirit.

## **All of the following are expected of all campers and sta:**

- To view, think, speak, and act toward oneself and others in a way that upholds this dignity.
- To choose to dress in a way that upholds this teaching of our faith:
  - Clothing covers chest area & midriff throughout normal daily postures.
  - Shirts are worn always except when appropriate for water activities.
  - Ladies: One-piece/tankini suits are worn for water activities. Suits fully cover the chest and behind. If not, shorts or a shirt will be required.
  - Gentlemen: Trunks are worn for water activities.
  - Shorts/trunks are at fingertip length or longer when arms held at side.
  - Clothing considered to be undergarments not worn as an outer layer.
  - Spandex is only permitted to be used as a base layer.
  - Spaghetti straps and bra straps are covered.
  - Sleeveless shirts do not reveal undergarments or expose sides of torso.
  - Everyday clothes that intentionally & excessively reveal the full body shape are avoided.
  - Clothing that promotes non-Christian values will not be permitted.

**Please note: Your camper will be kindly asked to change if not in compliance with the above requirements. If necessary, something else will be provided to wear. Please check your camper's bags before camp, especially to prevent the embarrassment and hassle of this having to be addressed.**

**All baggage is thoroughly checked upon arrival.**

**Thank you** for your support and understanding in this important matter!

**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.

**Finally**, let us **pray to the Holy Spirit** for all of our campers and staff that we may have a fun, Spirit-filled, and safe camping experience for all!