



# Camp Cowen

## Packing List

### What to Bring:

- A Bible
- Notebook and pencil
- Money for snacks (t-shirts also available)
- Pillow or Pillows
- Towels
- Bed linens or sleeping bag
- Personal toiletry items
- Flashlight and batteries
- Jacket or sweatshirt for cool evenings
- A modest swim suit (one piece for girls)
- Sufficient clothing for length of camp (extra pair of tennis shoes would be a good idea)
- **Medical Form**
- An outfit that can be soiled

### What NOT to Bring\*\*\*:

- Spaghetti strap shirts
- iPods
- Pets
- Alcohol
- Drugs (All prescription drugs must be in **original bottles** and given to the Camp Health Services at registration. No drugs are to be kept in the cabins.)
- Tobacco items
- Fireworks
- Weapons (knives, guns, etc.)
- Valuable jewelry items
- Skate boards, roller blades, etc.
- Video equipment
- Electronic games
- **CELL PHONES!**

**\*\*\*Items included in this list can be confiscated and may result in dismissal from Camp and forfeiture of Camp Fees.**