

# Noah's S.E.A.L.S.

## Packing List

- BIBLE (COMPLETE TEXT)
- WRITING MATERIALS
- SLEEPING BAG, SHEET, PILLOW (BEDROLL COULD BE MADE FROM BLANKETS)
- CLOTHING SUITABLE FOR OUTDOOR LIFE FOR FIVE DAYS (COOL EVENINGS/ HOT DAYS)
- PAJAMAS
- EXTRA CHANGES OF SOCKS AND UNDERWEAR
- HEAVY SWEATER OR JACKET
- COMFORTABLE SHOES FOR HIKING AND HEAVY SOCKS
  - NO SANDLES
- EXTRA PAIR OF OLD TENNIS SHOES FOR WADING
- RAIN GEAR
- BATHING SUIT
- TOWELS (AT LEAST TWO – ONE FOR SHOWERING AND ONE FOR WATER EVENTS)
- WASH CLOTH
- PERSONAL ARTICLES (TOOTHPASTE, TOOTHBRUSH, SOAP, COMB, ECT.)
- SMALL BACKPACK / BOOKBAG FOR USE AROUND CAMP
- FLASHLIGHT
- SUN HAT
- SUNSCREEN
- BUG SPRAY
- AS LITTLE BAGGAGE AS POSSIBLE – ONE SUITCASE AND BEDROLL
- BOOK OR HANDWORK (OPTIONAL FOR QUIET TIME)
- FLIP FLOPS (OPTIONAL FOR SHOWERS ONLY)
- ANY PRESCRIPTION MEDICATION NEEDED THROUGHOUT THE WEEK (TO BE GIVEN TO THE NURSE)
- 6-7 FACE MASKS (REUSABLE OR DISPOSABLE)

DO NOT BRING ANY ELECTRONICS, FIRE-CRACKERS, FOOD, OR SUGARY DRINKS SUCH AS GATORADE

Be sure to mark all of your belongings with your name. Camp Overlook cannot be responsible for lost, damaged, or stolen property. We do hold lost and found items for two weeks before donating it.