



Sound View Camp And Retreat Center

For more information, please visit www.soundviewcamp.com
or call the office at 253-884-9202

THINGS TO BRING:

- Camper's medication in **original containers**. Must be given to the camp nurse.
- Sleeping Bag
- Pillow
- Toothbrush / Toothpaste
- Comb / Hairbrush
- Shampoo (plastic bottle)
- Soap and a container to keep it in
- Towel (for shower)
- Towel (for polar bear plunge - BIG and warm)
- Flashlight or headlamp
- Extra batteries for flashlight or headlamp
- Feminine hygiene products (if necessary)

optional

- Plastic garbage bag (to bring home wet things and dirty laundry)
- Camera (cheap or disposable)
- Musical instrument. (We LOVE ukuleles at Sound View!)
- Favorite board game to play with new friends

CLOTHING:

- T-shirt
- Long pants (4 pairs - because it will probably be wet)
- Underwear
- Socks (lots of them)
- Extra-Heavy shirts, sweater, or sweatshirt.
- Rainy day outfit
- Swimsuit (for polar bear plunge - but shorts and a t-shirt may be smarter)
- Water shoes or aqua socks
- Sneakers or hiking shoes (some camp activities require them to be worn)
- Warm Pajamas
- Extra pair of shoes (you never know)
- Shower sandals

THINGS NOT TO BRING

- New, nice, or fragile clothes
- Fireworks or weapons of any kind
- Personal sports equipment
- Pets or any other animal

- Valuables, jewelry, etc.
- Money
- Cell phones, electronics, music players, video game systems, etc. These are a big distraction and the staff **WILL** take them away and lock them up in the office. Take the challenge - be unplugged.
- Alcohol or drugs (other than prescription)

PACKING TIPS

- Make sure the camper is involved in the packing process, so they know what they have for the week and where it is packed!
- Write the camper's name name on everything!!
- **Remember comfortable and practical.** New, fancy clothes will not remain that way during camp.