

Rocky Mountain Freedom Camp – Packing List

Please label all personal items with the camper's name.

Required Bedding & Personal Items

- ☐ Sleeping bag
 - ☐ Pillow
 - ☐ Fitted twin sheet (optional)
 - ☐ Towel & washcloth
 - ☐ Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant)
 - ☐ Shower sandals or flip-flops
 - ☐ Flashlight or headlamp
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Clothing (Plan for 5–7 Days)

- ☐ T-shirts and modest tank tops
 - ☐ Shorts (no higher than mid-thigh)
 - ☐ Jeans or durable pants for outdoor activities
 - ☐ Comfortable hiking shoes or sturdy sneakers
 - ☐ Modest swimwear suitable for camp settings
 - ☐ Light jacket or hoodie for cool evenings
 - ☐ Coat or warm layer for nighttime
 - ☐ Sleepwear (modest)
 - ☐ Socks & undergarments
 - ☐ Hat or cap for sun protection
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Recommended & Helpful Items

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| ☐ Sunscreen (SPF 30+) | ☐ Sunglasses |
| ☐ Bug spray | ☐ Lip balm |
| ☐ Refillable water bottle | ☐ Alarm clock or wristwatch (non-smart preferred) |
| ☐ Small backpack or day pack | ☐ Laundry bag or pillowcase for dirty clothes |
| ☐ Notebook or journal | ☐ Earplugs (for light sleepers) |
| ☐ Pen or pencil | ☐ Towel (water / lake recreation) |
| ☐ Bible / book / reading material | ☐ Optional (small) comfort items |
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What NOT to Bring

- ✗ Alcohol, drugs, vaping devices, tobacco
 - ✗ Fireworks, weapons, knives, or firearms
 - ✗ Expensive jewelry or valuables
 - ✗ Gaming devices or electronics (other than phone)
 - ✗ Food, candy, or drinks (unless medically required)
 - ✗ Pets
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Restricted Clothing & Dress Code

Please leave behind anything that distracts from the camp's purpose or values. This includes clothing or items with references to:

- Drugs or alcohol
- Sexual or inappropriate imagery
- Profanity or vulgar language
- Offensive or divisive content

RMFC encourages all campers to dress with **self-respect and consideration for others**. We want everyone focused on **learning, teamwork, and fun**, not fashion statements.

Camp staff reserves the right to require a change of clothing if attire is deemed inappropriate or distracting.

Important Notes

- Phones are permitted but may be held by staff during scheduled activities.
 - All medications must be turned in at check-in.
 - The camp is not responsible for lost or damaged personal items.
 - Label everything clearly.
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Pro Tip (Parent Favorite)

Pack clothes for each day in **gallon zip bags** — one bag per day. Makes mornings fast and keeps cabins organized.