

# Rocky Mountain Freedom Camp – Packing List

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

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## 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 Item

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| <input type="checkbox"/> Sunscreen (SPF 30+)             | <input type="checkbox"/> Sunglasses                                      |
| <input type="checkbox"/> Bug spray                       | <input type="checkbox"/> Lip balm  |
| <input type="checkbox"/> Refillable water bottle         | <input type="checkbox"/> Alarm clock or wristwatch (non-smart preferred) |
| <input type="checkbox"/> Small backpack or day pack      | <input type="checkbox"/> Laundry bag or pillowcase for dirty clothes     |
| <input type="checkbox"/> Notebook or journal             | <input type="checkbox"/> Earplugs (for light sleepers)                   |
| <input type="checkbox"/> Pen or pencil                   | <input type="checkbox"/> Towel (water / lake recreation)                 |
| <input type="checkbox"/> Bible / book / reading material | <input type="checkbox"/> 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
- Profanity or vulgar language
- Sexual or inappropriate imagery
- 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 reserve the right to require a change of clothing if attire is deemed inappropriate or distracting.

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## 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.