

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

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

Recommended & Helpful Item

<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

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

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.

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.

Pro Tip (Parent Favorite)

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