

What To Pack For Cheerio **EXTREME**

- ___ 1 – Blanket
- ___ 1 – Set of twin sheets or sleeping bag
- ___ 1 – Pillow
- ___ 1 – Laundry Bag
- ___ 1 - Hat
- ___ 7 – Pairs of Underwear
- ___ 1 – Set of long underwear (we suggest polypropylene or capilene)*
- ___ 7 – Shirts (Suggestion: A red and/or blue shirt(s) be included in the 7)
- ___ 1 – Pair of long sleeve shirt for caving (will get muddy)*
- ___ 5 – Pairs of Shorts
- ___ 7 – Pairs of Socks (2 being wool or synthetic)*
- ___ 2 – Pairs of Sock Liners (for backpacking)*
- ___ 1 – Raingear, Poncho or rain suit*
- ___ 1 – Fleece sweater or other that has moisture wicking ability
- ___ 1 – Pair of Rain Boots
- ___ 1 – Sweater/Sweatshirt
- ___ 1 – Pair of Shoes (Teva's, Chaco's, CROCS, Needs to bit securely for canoeing.)
- ___ 1 – Pair of Closed-Toe Shoes – For Horseback Riding, Climbing, & Athletics
- ___ 1 – Pair of Hiking shoes or boots (may also be used in place of closed toe shoes above)*
- ___ 2 – Pair of Long Pants (one set will be for caving and get muddy)*
- ___ 2 – Swim Suits
- ___ 1 – Pair of Pajamas
- ___ 3 – Towels
- ___ 2 – Wash Cloths
- ___ 10 – Large Ziplock bags
- ___ 5 – Large garbage bags (used to keep clothes and sleeping bag dry)
- ___ Bring a spoon
- ___ Bowl
- ___ Water Bottle
- ___ Feminine hygiene supply
- ___ Soap/Soap Dish
- ___ Toothbrush/Toothpaste
- ___ Comb/Brush/Shampoo
- ___ Sunscreen
- ___ Deodorant
- ___ Stationary, Stamps, & Pen
- ___ Flashlight/Batteries

- Optional Items:**
- Bible/Testament
 - Camera
 - Fishing Equipment
 - Golf Clubs
 - Ball Glove
 - Books For Rest Period
 - Indian Costume
 - Tennis Racquet
 - Riding Boots with Heel

Send a sleeping bag or old blanket for Camp Out

- PLEASE DON'T NOT BRING**
- CELL PHONES
 - Firearms
 - Knives
 - Water Guns
 - Gameboy/PSP
 - iPods
- IF SUCH ITEMS ARE BROUGHT,
WE WILL HOLD ITEMS UNTIL THE END OF CAMP.**

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

If your child is staying more than 1 week, please pack double the clothing items and another set of sheets.

Spending money for the Adventure week is suggested at \$20 everything else is included in the camp fee.

*** All clothing and personal articles should be marked with your child's name. If something is left behind, it can for forwarded COD, Sterling Name Tape Company: www.sterlingnametape.com offers identifying supplies.

*** *Do Not* bring expensive clothing to camp. Play clothes are adequate since activities could stain clothes. Those going on the canoe or cave trip need an extra pair of old tennis shoes to wear in the river or cave.