

Checklist of things to bring:

- Bible, pen and notebook
- Clothes for the week: weather may be hot, mild or cool; pack for layers
- Lightweight jacket or a sweatshirt/hoodie
- Athletic shoes or "grubby" shoes (2 pairs recommended)
- Underwear/socks
- Swimsuit (Please pack a modest one-piece swimsuit)
- Pajamas or sleeping clothes
- Toiletries (soap, shampoo, toothbrush, toothpaste, deodorant, hair brush or comb, sunscreen, lotion, lip protection, etc.)
- Towel and washcloth
- Sleeping bag or bedding, and pillow for twin size bed

Optional items:

- Cell Phones (Optional, but not recommended)
- Flashlight
- Any medication needed (must be in original pharmacy-labeled containers)
- Musical instruments

Items NOT allowed: (These will be confiscated if found. If illegal, authorities will be contacted).

Illicit drugs, alcohol, weapons, fireworks etc.
(Alpine is not responsible for any lost, broken, or misplaced items)

