

What to bring to camp:

- Bible
- Sleeping Bag or Sheets and blankets (It can get pretty cold at night)
- Pillow with pillow case
- Toiletries
 - Shampoo
 - Soap
 - Toothpaste
 - Deodorant
 - Hair brush or comb
 - Sunscreen (Minimum SPF 20)
 - Bug Spray or lotion
- Towels – on for showering, one for backup or swimming
- Modest Swim Suit (ONE PIECE ONLY FOR GIRLS)
- Flip Flops or water shoes for bathhouse or creek
- Closed Toed Shoes
- Flashlight with extra batteries
- Appropriate Clothing: Tee shirts, blouses, shorts, underwear, socks, pants, outdoor shoes, for a lot of hiking and playing, rain gear, jacket, sweatshirt, and or fleece. Please pack clothing that can get dirty. We often play in the creek and have messy fun with crafts!
- Be sure all items have your camper's name clearly printed on them.
- Any necessary prescription medication (must be declared and logged with the camp staff on the day of check in)

Additional Recommended Items to bring:

- Sunglasses and or Hat
- Journal or Art Pad with pen or pencil for reflection or letters home
- Stamped and addressed envelopes for letter's home
- Water Bottle

What NOT to bring to camp:

- Food
- Computers or Video Games
- CD Players or MP3 Players
- Knives or Weapons
- Perfumes or smelly lotions
- Extra Money
- Cell Phones (There is no reception in the canyon)

NOTE:

Please limit valuable articles brought to camp. Rockhaven does not take responsibility for lost or damaged clothing or personal items. Choose clothes that can get dirty. Please label everything clearly.

If you have packing questions or concerns, please email the Director, Scott Thrasher at scott@rockhavencamp.org or call him at 406-586-9194.